

# Mary's Meals

A simple idea that works!



**Our vision** is that every child receives one daily meal in their place of education and that all those who have more than they need, share with those who lack even the most basic things.







**We provide school meals in places where poverty prevents children from gaining an education.**

**These  
nutritious  
meals...**

**help them  
concentrate in  
class**



**encourage children  
to come to school**



**and give them  
energy to learn**



# Our journey



What started as a  
one-off delivery of  
aid...



...grew into an  
international  
charity...



...which is still run  
from a little tin  
shed...





**In 2002**  
we started

feeding 200

children in ↪

Malawi





Today,  
more than  
**2.4 million**  
children in  
**16 countries**  
eat Mary's Meals  
in their place of  
education.



It costs just

£19.15  
to feed a child for a  
school year!

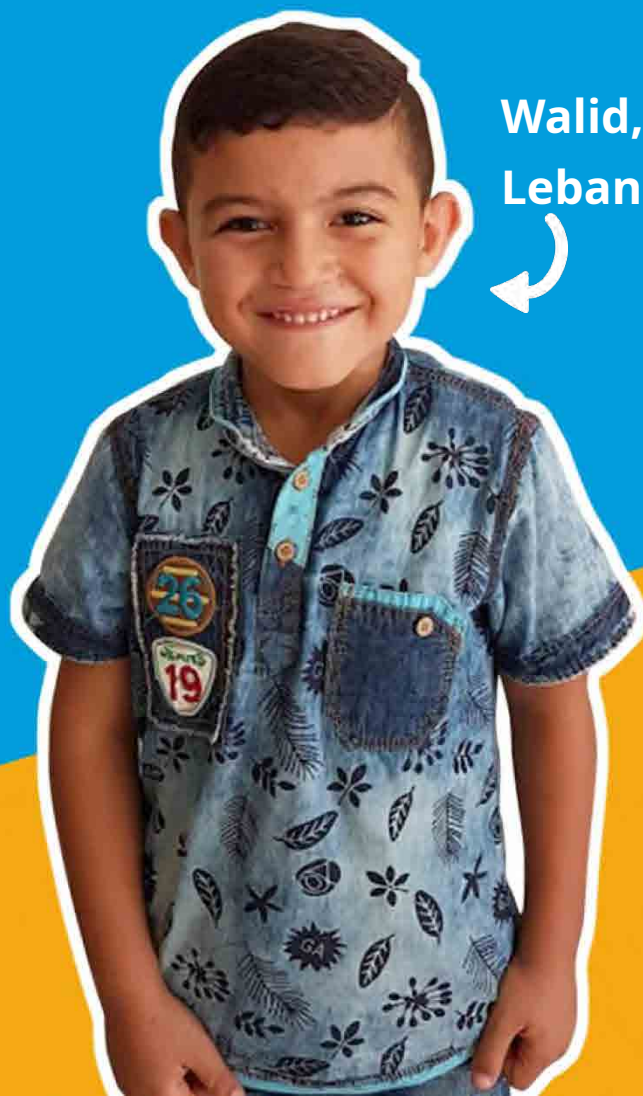




# Feeding futures



Felicitas,  
Malawi

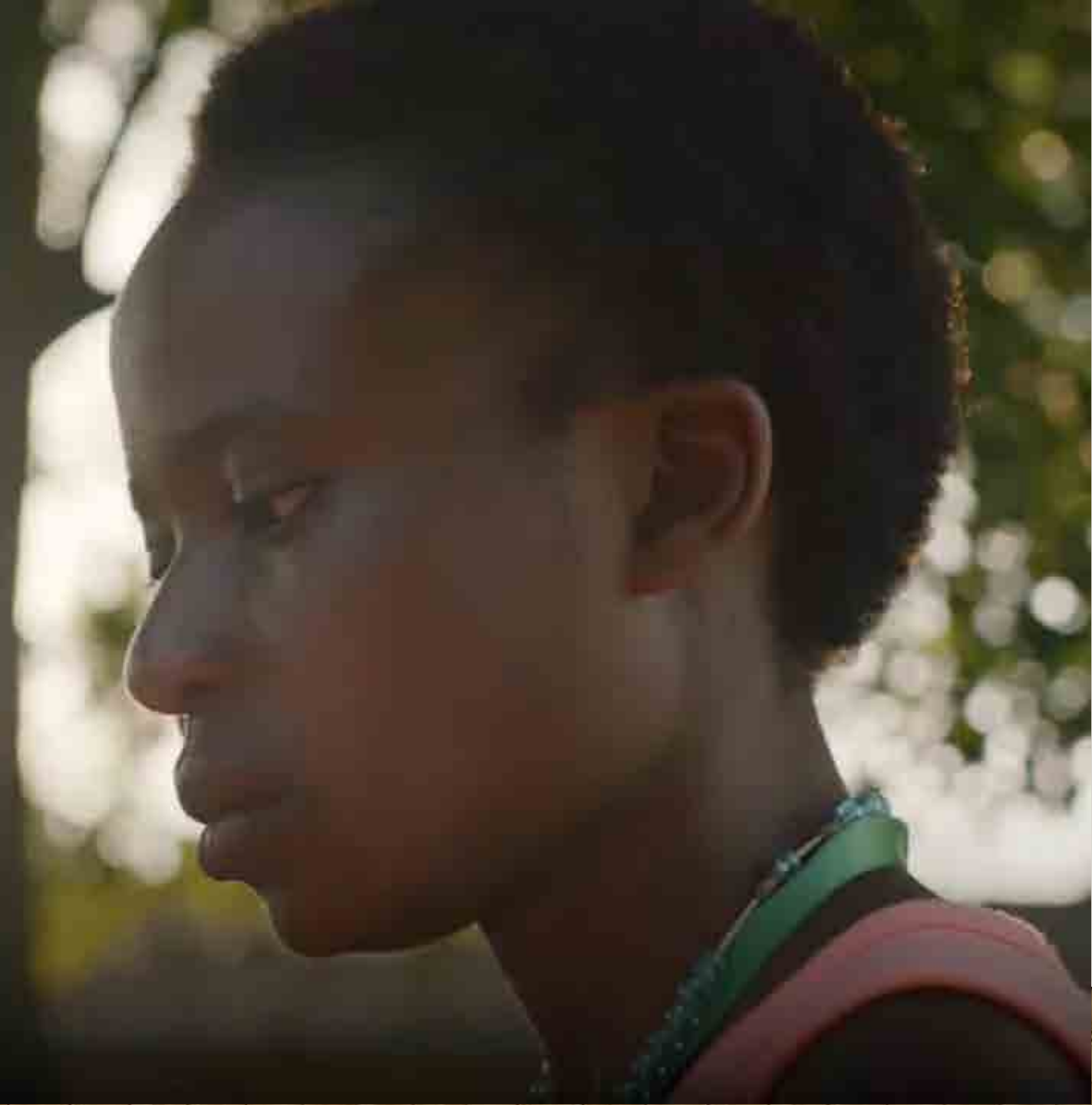


Walid,  
Lebanon



Champa,  
India

Do you  
remember  
Veronica?





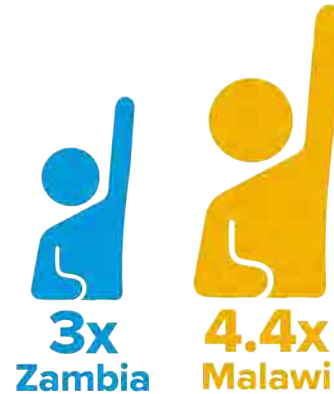
## Research shows:

In Malawi, after one year of receiving Mary's Meals, children were



more likely to **never feel hungry while at school** than those not receiving Mary's Meals

In both Malawi and Zambia after five years of receiving Mary's Meals, **children were more likely to participate in class** than those not yet receiving Mary's Meals.



**Enrolment increased** by an average of



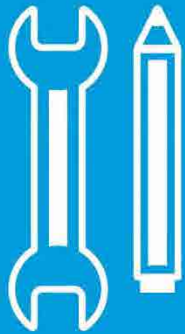
in our programme schools

Research findings from our impact assessment in **Malawi** and **Zambia**

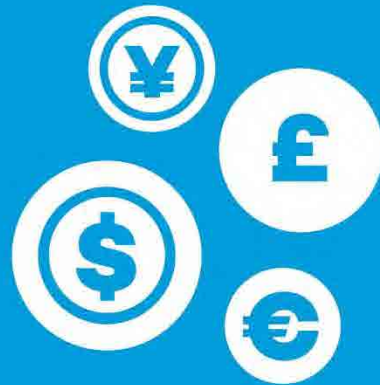
# It's possible ... thanks to you!



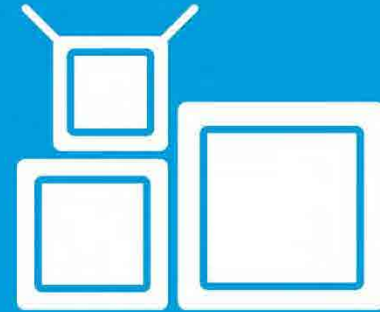
time



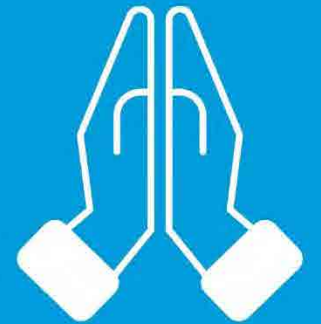
skills



money



goods



prayer



# Get Involved!



Sponsor a school



Host an event



Tackle a challenge



Spread the word







# 16 – 25? Become a Global Youth Ambassador

At Mary's Meals, we believe that young people are **innovators, culture shapers and agents of change** who will find solutions to the global issues of hunger, poverty and injustice.





# What's involved?



## Raise Awareness and Funds

Together or solo, you can organise fundraisers such as bake sales, movie nights and sporting competitions. You can also complete your own challenges, like tackling a marathon or big cycle



## Volunteer

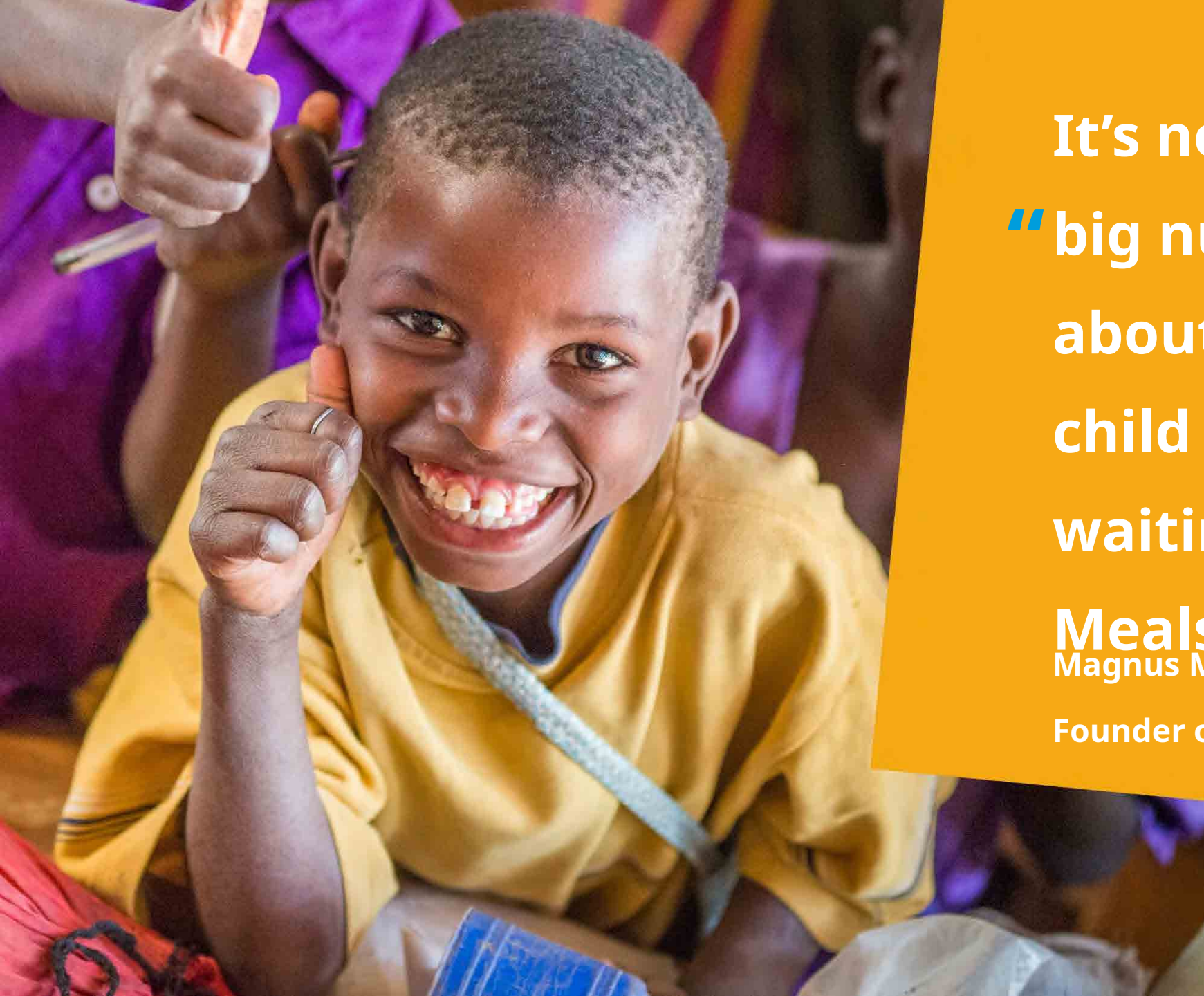
We are always looking for people to use their talents and skills to help us grow our movement. From content creation to joining our Leadership Cohort, we are always on the lookout for new volunteers



## Join a global community

Connect with other young people across the world and gain leadership development opportunities which will support you in your role and your future career. We have Youth Ambassadors in 20+ countries!





It's not about the  
“big numbers. It's  
about the next  
child who is  
waiting for Mary's  
Meals.”

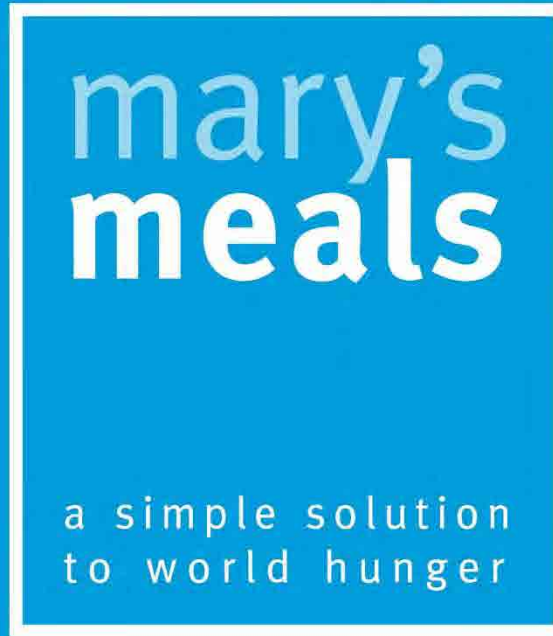
Magnus MacFarlane-Barrow,

Founder of Mary's Meals

A young girl with dark skin and braided hair, adorned with small blue bows, holds a light blue rectangular sign. She is wearing a blue shirt and looking directly at the camera with a slight smile. The sign she is holding has the words "THANKS FOR THE FOOD." written in black, hand-drawn capital letters. The background is a light-colored, textured wall with green vertical stripes on the left and right sides. In the bottom left corner, the back of another person's head is partially visible.

THANKS  
FOR THE  
FOOD.





[marysmeals.org](http://marysmeals.org)