

Bringing hope to a hungry world

Mary's Meals provides a daily school meal in communities where poverty and hunger prevent children from gaining an education.

Our idea is a simple one that works:

- Mary's Meals began by feeding just 200 children in Malawi. Today, we are feeding more than **3 million children every school day around the world.**
- Wherever children receive Mary's Meals, there is a rise in school enrolment, attendance and attainment.
- We provide one daily meal in a place of learning to encourage children into the classroom where they receive an education that can, in the future, be their ladder out of poverty.

With millions of children still out of school and many more chronically hungry, our work is only just beginning.

We work extremely hard to keep our running costs low and ensure that at least **93%** of donations can be spent directly on our charitable activities.





A fruit of Medjugorje



The work of Mary's Meals grew out of the Marian shrine, Medjugorje, in Bosnia-Herzegovina. In 1992, the MacFarlane-Barrow family launched an appeal to help the people of war-stricken Bosnia-Herzegovina.

Donations of food, clothing, blankets and medicine flooded into Craig Lodge Family House of Prayer – a Catholic retreat centre in Argyll, Scotland, that they had been inspired to open after a family pilgrimage to Medjugorje in 1983, and also the family home.

The family was overwhelmed by the public's generous response, and – after the first batch of aid was delivered to refugee camps near Medjugorje – this one-off act of love developed into a rapidly growing international charitable organisation, now known as Mary's Meals.

The lives of those involved in the first Mary's Meals projects had all been changed by pilgrimages to Medjugorje, so they chose to name the organisation in honour of Mary, the mother of Jesus. Mary's Meals consists of, respects and reaches out to people of all faiths and none.

Little acts of love



The Mary's Meals campaign was born in 2002 when Magnus MacFarlane-Barrow visited Malawi during a famine and met a mother dying from AIDS. When Magnus asked her eldest son Edward what his dreams were in life, he replied simply...

"I want to have enough food to eat and to go to school one day."

That moment was a key part of the inspiration that led to the founding of Mary's Meals.

Thanks to generous supporters of Mary's Meals, more than 3 million children – who might otherwise be working in the fields, selling on the streets, begging, or scavenging among garbage to survive – are today sitting in classrooms with full stomachs, able to concentrate on learning how to read and write. They can become the men and women who will lift their communities out of poverty and end their reliance on aid.



Most of our work – both in countries where we raise funds and in communities where we deliver our school meals – is done by volunteers who carry out lots of little acts of love on behalf of Mary's Meals.

Mary's Meals now has affiliate organisations registered in Australia, Austria, Canada, Croatia, the Czech Republic, France, Germany, Ireland, Italy, Poland, Spain, Switzerland, the UK and the USA, as well as international fundraising groups in Belgium, the Netherlands, Portugal, Slovakia, Slovenia and Hong Kong. We also have an office and information centre in Medjugorje, Bosnia-Herzegovina.



It costs just £19.15 / €22.00 / $25.20 to feed a child for a whole school year.

Learn more about Mary's Meals



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.

Our mission is to enable people to offer their money, goods, skills, time, or prayer, and through this involvement, provide the most effective help to those suffering the effects of extreme poverty in the world's poorest communities.

Join us online

Find out how you can help Mary's Meals by visiting our website or our social media channels.

@MarysMealsMedjugorje

@marys_meals_medjugorje

Visit our website by scanning the QR code above or search marysmealsmedjugorje.org

Be a light for Mary's Meals in your own community!

- **Pray for our work**
- **Host film evenings**
- **Learn more and tell others**
- **Start a fundraising project or have an event**
- **Request a talk in your own parish**

Give your time and skills

We're always looking for volunteer support at an organisational level. You can contact your local Mary's Meals affiliate to offer your expertise in IT, social media, communications, finance, design and other specialist skills. Or, speak to your national office about supporting events in your local area.

Donate online: marysmeals.org

Visit us in Medjugorje

You'll receive a very warm welcome at our information centre, in the 'blue container' near the Church of St James. Meet our team and join us for **porridge tasting**, **fasting days** or **movie nights**, arrange a testimony for your pilgrimage group or pick up some of our key resources, including our films and books.

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Watch our films

Love Reaches Everywhere, **Generation Hope**, **Child 31**, and **Mary's Meals – A Fruit of Medjugorje** chart our beautiful journey and tell the stories of some of the young people whose lives have been changed by Mary's Meals.



Read our books

The Shed That Fed A Million Children by Magnus MacFarlane-Barrow tells the Mary's Meals story, stirring emotion and inspiring hope that the impossible can be achieved. Our founder's second book – **GIVE: Charity and the Art of Living Generously** – celebrates the impact of charity in our lives and illustrates how sharing and sacrifice can be the key to a life of joy.





mary's meals | A fruit of Medjugorje