

**you can't feed one hundred
people then feed just one'
mother teresa**



**mary's
meals**

a simple solution
to world hunger

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



Marys Meals is administered through Scottish International Relief
A company limited by guarantee Coy No.SC265941
Registered Charity SCO22140
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**£8.40 feeds a hungry
child at school for a year**

Mary's Meals is an international movement to set up school feeding projects in communities where poverty and hunger prevent children from gaining an education.

Mary's Meals began in Malawi in 2002 when, Magnus MacFarlane-Barrow, the charity's CEO and founder met a young woman called Emma who was dying from AIDS. She was sitting on the mudfloor of her hut surrounded by her children. He asked her oldest son, a boy of 14, what his dreams were in life - "To have enough food to eat and to go to school one day" was his stark reply. This encounter inspired the Mary's Meals campaign.

the problem - world hunger

Today more people die from hunger related diseases today than they do from HIV/AIDS, malaria or tuberculosis combined. In a world where there is enough food for everybody, hunger is still the biggest threat to health. Children are particularly vulnerable. Hunger kills millions of them each year. It also stunts their growth - and their dreams. **Hungry children think about survival, not about going to school.**

the solution - mary's meals

An education can set a child free from poverty in adult life. And not only that child but his children too. To gain an education children first need to attend school and then be given the opportunity to learn. **Mary's Meals is not only feeding children, but it is also allowing the children to attend school and to be educated.**



Mary's Meals is a simple idea - one meal given every day to an impoverished child at school. A simple idea that is feeding hundreds of thousands of children every day.

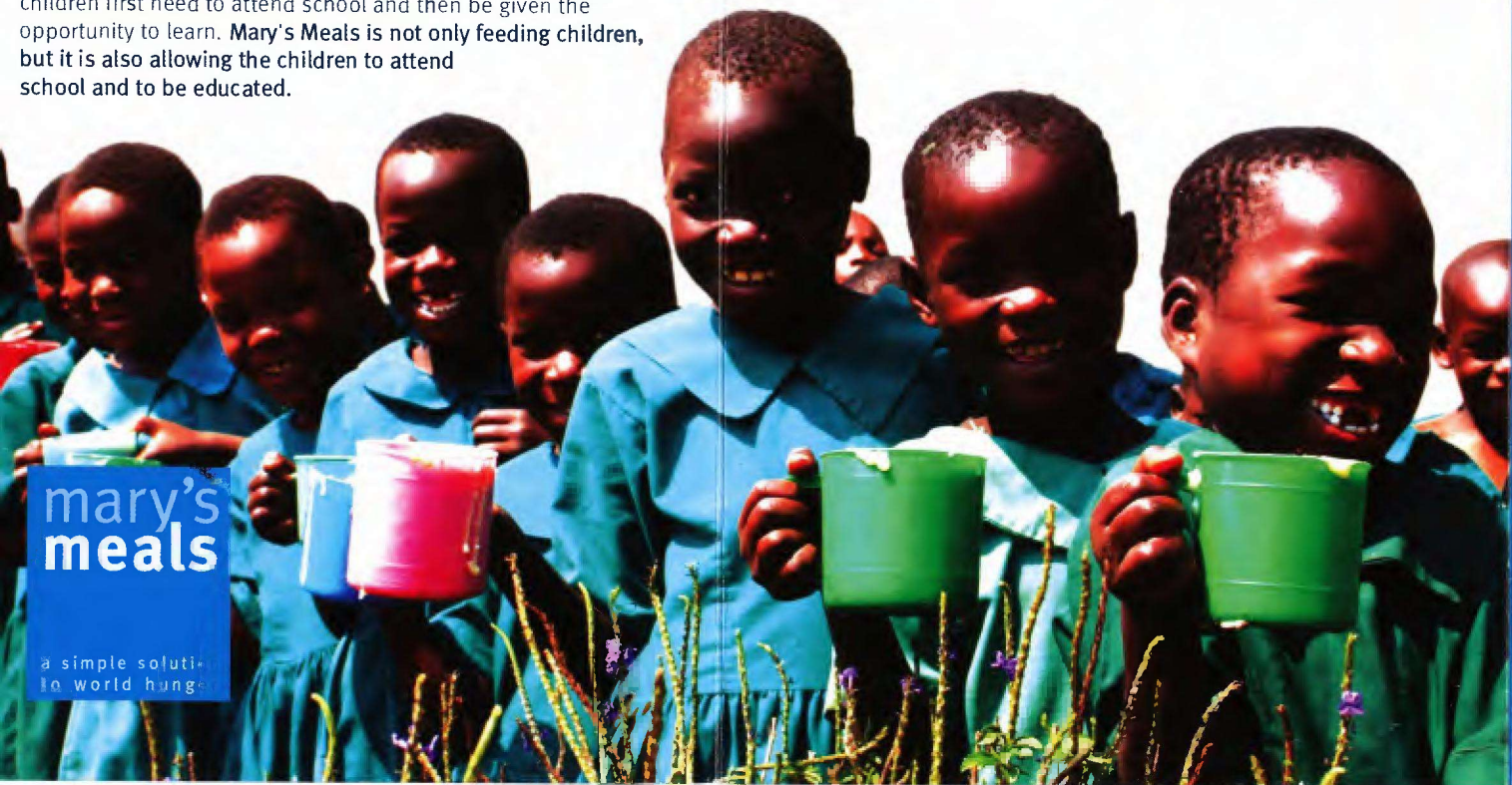
Today Mary's Meals is providing over 350 000 children with a daily meal in their place of education throughout Africa, Asia, Eastern Europe and Latin America.

locally run projects

Volunteers are the lifeblood of Mary's Meals - In Malawi it is an army of volunteers that cook and prepare Mary's Meals. Many of the volunteers are parents of the children, who can see first hand the difference Mary's Meals makes to their children's lives.

£8.40 feeds a child at school for a year!

For the price of a fast food meal, or box of chocolates you could provide a child with Mary's Meals for year. The reasons the cost is so low because the food is locally produced, purchased in bulk and the programme is run by volunteers - all contributing to keep running costs at a minimum.



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Please check contact details are correct (FULL name and address) and sign the Gift Aid Declaration if you wish your donations to be treated as Gift Aid donations. Please return this form to Mary's Meals & SIR, FREEPOST NATN 448, Dalmally, PA33 1BP

giftaid it **I want Mary's Meals & SIR* to treat all donations that I make from the date of this declaration until I notify you otherwise as Gift Aid donations**

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You must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the charity claims on your donations in the appropriate tax year (currently worth 28p for each £1 you give).

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 A COMPANY REGISTERED IN SCOTLAND CO NO SC265944

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