

# The Mary's Meals Story



From 26 January to 2 February is National Storytelling Week!

Storytelling is a wonderful way to learn about new people and places. This year we want to share our Mary's Meals story with you.

In this pack you will hear about about how Mary's Meals began and learn about some of the children around the world who receive Mary's Meals every day.

We hope you enjoy it and happy storytelling!



# What is Mary's Meals?

Mary's Meals is a charity that helps hungry children in some of the poorest countries in the world. It helps by providing meals to the children every school day so that they can grow stronger, learn more in class, take part in sports and enjoy playing with their friends.



# Edward's story: How Mary's Meals began



The work of Mary's Meals was inspired by a young boy from Malawi called Edward. Malawi was suffering from a terrible famine and many people including Edward's family were very hungry. Magnus MacFarlane-Barrow from Scotland visited Edward in 2002 when Edward was 14 years old. Magnus asked Edward what his dreams were for the future and Edward replied:

*“To have enough food to eat and to go to school one day.”*



# Edward's story: How Mary's Meals began

Magnus realised that poor children such as Edward couldn't go to school because they had to work to buy food. This means that many children are missing out an education and the benefits that learning brings. Sadly, it is thought that 61 million children don't go to school because of poverty. Something as simple as being hungry can mean that children can't fulfil their dreams.



Edward (at the back by the door) and his family



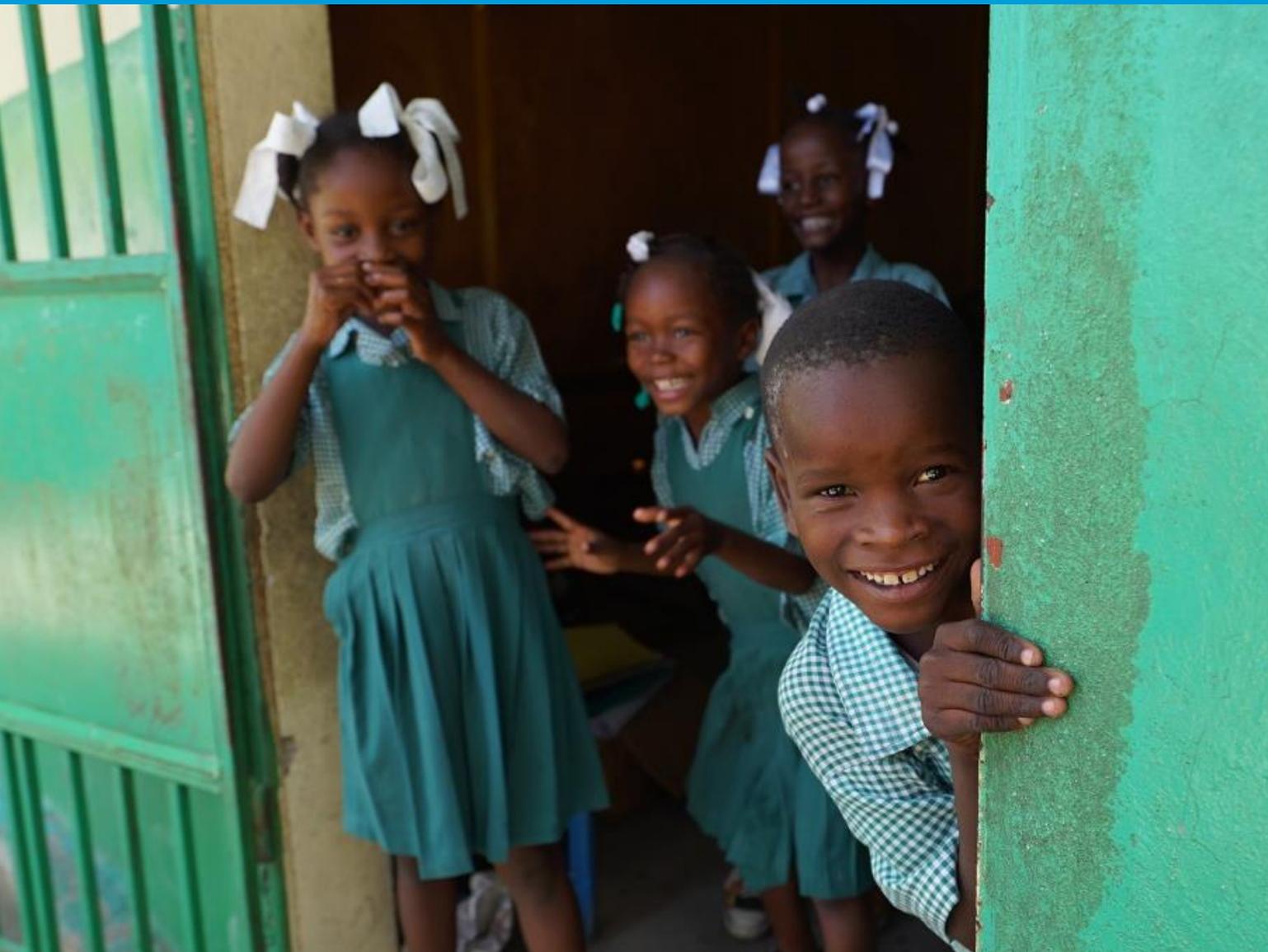
# Veronica's story: Mary's Meals changed my life



Magnus and his team began to feed 200 children in a school in Malawi. These daily meals encouraged poor children to come to school and learn instead of working. One of the first children to receive Mary's Meals was a girl called Veronica. She told us that:

*“Education is important because when you are educated you have power. Mary's Meals changed my performance in class.”*





Mary's Meals is a low-cost charity that relies on the efforts of thousands of volunteers.

For this reason it costs just £13.90 to feed a child for an entire school year!

That's just 7p per meal.



People from all over the world began to give generously to Mary's Meals so that more children could go to school and achieve their dreams.



# Poonam's story: My hopes and dreams



Poonam is 15 years old and lives in Kolkata in India. When her father became ill, she had to take responsibility for the house and began to look after her little brothers. Food was hard to get and often they went hungry.

*“Since father got sick, everybody has to face up to some problem. So it falls to me.”*



# Poonam's story: My hopes and dreams

It is often particularly difficult for girls from poor communities to go to school.

Many girls in Malawi get married when they are very young and in India some girls are expected to work to support their families instead of getting an education.

Mary's Meals helps young girls come to school by offering them a daily meal!



# Poonam's story: My hopes and dreams



Poonam can go to school now because of Mary's Meals. With an education, she can work towards a better future.

*"I would, if possible, like to become a doctor."*



# Esa's story: What I did to help



Mary's Meals keeps growing because thousands of people from all over the world choose to get involved so that hungry children can go to school and achieve their dreams.

Esa is an 8-year-old boy from England. He decided to give up sugar for a month to raise money for Mary's Meals!

He asked his friends and family to sponsor him and he even made sure his cricket team stopped serving sugary treats after games.



# Esa's story: What I did to help

What Esa achieved is amazing!

He raised enough money to feed  
68 children with Mary's Meals for  
an entire school year.



# Esa's Story: What I did to help



Esa wrote Magnus a letter to tell him about what he did. Magnus liked Esa's letter so much that he read it out loud at a special conference for all of the people who work for Mary's Meals:

*Dear Magnus,*

*My name is Esa and I am eight years old. My mum read us your book and we watched Child 31. I decided to raise money for Mary's Meals. I didn't eat any sugar for the whole month of May. I was sponsored by all our friends. I raised £955.80.*

*Esa*



Mary's Meals relies on support from people just like you and it is easy to get involved. One of the best ways you can help Mary's Meals is to share this story with your family and friends. How many people could you tell?

**7p = One meal**  
**£13.90 = One year**

And now, £13.90 is all it takes to feed ~~a child~~ TWO children for a whole school year.

Give before 1 March 2019, and the UK government will match public donations to Double The Love, up to £2 million.



The work of Mary's Meals is based on improving the lives of children through food and education, so it's great when schools and young people become part of the Mary's Meals family. Mary's Meals can send someone to your school to tell you more about the charity's work and how you and your classmates can get involved. Or maybe you'd prefer some leaflets and short films that explain the work of Mary's Meals and tell stories about the schools and communities involved.

If you'd like more information or for someone to visit your school, please email [schools@marysmeals.org](mailto:schools@marysmeals.org)

