

**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. 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 around **500,000 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.

**£9.40 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.



**make a donation / find out more**

PLEASE FILL OUT FORM IN CAPITAL LETTERS WITH A BALLPOINT PEN

**Request more information**

Request a DVD  Join our mailing list  Back Pack project  Fundraising

**I would like to make a donation**

I enclose a donation £

I want to donate on a regular basis £  Monthly  Annually

Please complete personal details and Direct Debit form

**Your Details**

Name	Address:
Contact no:	
Email :	Postcode:

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 **SIR / MARY'S MEALS, FREEPOST NATN 448, DALMALLY, ARGYLL, PA33 1AR**



**I want Mary's Meals & SIR\* to treat all donations that I have made during the 4 years prior to this date and any future donations I make, as Gift Aid donations.**

Signature	Date
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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 (25p for each £1 you give).



**Instruction to your Bank or Building Society to pay by Direct Debit:**

Name(s) of Account Holder(s)	Originators reference No. 6 7 4 6 9 3 <small>(For office use only)</small>
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Bank/Building Society account number	Branch Sort Code
<input type="text"/>	<input type="text"/>

Name and full address of your Bank/Building Society

To the Manager: Address:	Your Signature
<input type="text"/>	<input type="text"/>
Postcode:	Date
<input type="text"/>	<input type="text"/>

Bank and Building Societies may not accept Direct Debit. Instructions for some of accounts

Reference Number
<input type="text"/>

**Please pay Scottish International Relief® Direct Debits from the account detailed in this instruction subject to safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Scottish International Relief and, if so, details will be passed electronically to my Bank/Building Society.**

**\* MARY'S MEALS IS AN OPERATING NAME OF SCOTTISH INTERNATIONAL RELIEF, CRAIG LODGE, DALMALLY, ARGYLL, PA33 1AR, REGISTERED SCOTTISH CHARITY NO. SC022140 / COMPANY NO. SC265941**

**PLEASE RETURN DIRECT DEBIT FORM TO: SIR / MARY'S MEALS, FREEPOST NATN 448, DALMALLY, ARGYLL, PA33 1AR**

**The Direct Debit Guarantee** (This guarantee should be detached and retained by the Payer)  
This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits. If there are any changes to the amount, date or frequency of your Direct Debit Scottish International Relief (SIR) will notify you 10 working days in advance of your account being debited or as otherwise agreed. If you request SIR to collect a payment, confirmation of the amount and date will be given to you at the time of the request. If an error is made in the payment of your Direct Debit, by SIR or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society. If you receive a refund you are not entitled to, you must pay it back when SIR asks you to. You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.



**'if 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.**

For further information, please contact:

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