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## Free Hunger to Hope School Lessons Teach Students about World Hunger



*Food changes the story providing hope for students in 20 countries in which Mary's Meals serves.*

**Bloomfield, N.J. – October 5, 2022** – International school feeding charity Mary's Meals has just released its first [Hunger to Hope Lesson Plan](#) for grades K-12 which is now available online and free of charge.

In time for the upcoming World Food Day on October 16 and World Poverty (eradication of) Day on October 17, these free school lesson plans and resources are timely as they address today's current events - global hunger, food sustainability and climate - in an understandable, relatable, and interactive way.

"These lessons offer flexibility to adapt to any age, skills level, or focus," said Michelle Keller, Regional Coordinator for Mary's Meals USA, and Hunger to Hope School Lessons creator.

Designed to be interactive, Hunger to Hope School Lesson Plans provide educators - public, private and homeschool - a complete plan that can be tailored for grades K-12 allowing teachers to easily adapt or implement lessons for their classes. A combination of vibrant photos and videos, and real-world stories accompany downloadable worksheets. These resources feature students and teachers from across the globe who illustrate the importance of food and education and how people all over the world can make a difference in fighting hunger.

"I really hope that the lesson plans will help bring the US learning communities together with global learning communities," added Keller.

The lessons were thoughtfully developed over a year-long period and by collaborating with teachers from several states to get input, guidance, feedback and testing. The first school lesson in a series of four, *Food Changes the Story* addresses the global issues of hunger, education and poverty. It also offers discussion ideas and actionable steps.

Drawing from its 20 years of serving children daily meals in their places of education, [Mary's Meals](#) has incorporated some of the stories of students and teachers from the countries in which it serves to make this learning experience relatable.

Mary's Meals is now in [20 countries](#) including Niger in the Sahel region, and Ethiopia, South Sudan, and Kenya in the Horn of Africa.

Inspired by the words of a little boy who only wanted to have enough food to eat and to be able to go to school, Mary's Meals was founded in 2002 by Magnus MacFarlane-Barrow, a [CNN Hero of the Year](#). Today, Mary's Meals feeds 2.2+ million children daily in their places of education. This simple solution to world hunger also enables children to earn an education that can help break the cycle of poverty.

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## About Mary's Meals

[Mary's Meals](#) is a global movement that sets up school feeding projects in some of the world's poorest communities, where poverty and hunger prevent children from gaining an education. Mary's Meals works with in-country volunteers to provide one daily meal in a place of learning to attract chronically poor children into the classroom, where they receive an education that can be their ladder out of poverty. Mary's Meals began by feeding just 200 children in Malawi in 2002.

Today, the organization feeds 2,279,941 hungry children every school day across five continents, in the following countries: Benin, Ecuador, Ethiopia, Haiti, India, Kenya, Lebanon, Liberia, Madagascar, Malawi, Myanmar, Niger, Romania, South Sudan, Syria, Thailand, Uganda, Yemen, Zambia and Zimbabwe. Mary's Meals collaborates with the U.N. World Food Program and is part of the global School Meals Coalition, an emerging initiative of governments and partners to drive actions that can urgently re-establish, improve, and scale up food and education systems.

For more information about Mary's Meals visit [marysmealsusa.org](http://marysmealsusa.org) or follow Mary's Meals on [Twitter](#), [Facebook](#) or [Instagram](#).