HOLLYWOOD TO HAITI
Gerard Butler drops in on Mary’s Meals

A DECADE OF DINNERS
A volunteer who has cooked Mary’s Meals for ten years

RUN LOCALLY, FEED GLOBALLY
Supporters across the USA took a step in the right direction
Mary’s Meals works with local communities to set up school feeding programs in places where poverty and hunger prevent children from gaining an education.

Together, we’re helping more than 1.4 million children in 18 countries to learn, thrive and find hope in the classroom.

It’s a simple idea that works. The promise of a nutritious meal encourages children – who might otherwise skip lessons to work, beg or scavenge for food – to come to school and take their first steps towards a brighter future.

But with 64 million children still missing out on an education, and millions attending school too hungry to concentrate and learn, our work is only just beginning.

The story of Mary’s Meals has become such a great one that, perhaps, Tolstoy himself could have written it. Yet, achieving greatness has never been our goal – our goal is feeding the next hungry child. The number of meals we serve has become great but only because the number of children hungry and out of school is itself great. That 64 million children are missing school because of hunger and poverty is, sadly, another truth.

Our story hasn’t ended – in fact it has hardly begun. The next chapter is being written by you right now – as you will see in this magazine. I hope you enjoy it!

God bless

Leo Tolstoy once wrote: “There is no greatness where there is not simplicity, goodness, and truth.”

I believe that this beautiful little mission of ours is great only because it is simple, fuelled by goodness and rooted in truth.

Simplicity is at the heart of our mission. One meal served every day in a place of education – what could be more simple? Each serving is a new act of love; each meal eaten by a child with their own amazing story.

Goodness provides every one of those meals; the goodness of every person involved – from the giver of donations and those who pray for our work, to the volunteers who cook and serve the food.

Truth is another principle that guides us. That more than 1.4 million children eat Mary’s Meals is a carefully counted truth. Our meals bring more children into school and improve their ability to learn. And this isn’t just a nice idea or an exciting theory, we have the independently verified evidence to prove it.

God bless

Magnus MacFarlane-Barrow

Founder

Many thanks to:
Chris Watt Photography
and Stella Mar Films.

A tax approved 501(c)(3) charity.
EIN #33-1215331

Find out more at marysmealsusa.org
Mary’s Meals is helping children on one of Malawi’s islands meet their daily challenges.

The children are the first to notice the ferry pulling into the harbour at Likoma island. As the anchor drops, fishermen prepare their rowing boats to ferry passengers and goods from ship to shore.

This ferry is a lifeline for the 14,500 people who live on the small islands of Chizumulu and Likoma, fifty miles from mainland Malawi.

Life here is precarious. The sandy soil is unsuitable for farming, so everything – including the flour used to make Mary’s Meals – must be brought from the mainland by boat.

Crudely-patched nets hang in front of houses as the catch dries on raised platforms. After school, 13-year-old Agnes will join her mom and the other women who scrape together a little money selling fish, samosas and mandazi (fried doughnuts) from roadside stalls.

Agnes is ready to learn
Dressed neatly in her well-worn uniform, Agnes waits, mug in hand, for her morning serving of Mary’s Meals porridge at Mtengula Junior Primary School.

Since her father died, Agnes’s mom struggles to make ends meet and food is scarce. Despite having been awake since dawn, this will be Agnes’ first meal of the day.

“Porridge makes me healthy,” she says brightly. “It gives me nutrients to help me grow and I concentrate better in class when I have eaten.”

With her stomach full of the warm, nourishing porridge, Agnes is ready to learn. She’s in standard three and despite being older than her classmates she’s determined to make the most of her studies.

“School is important,” she says. “I come here and read. I want to be a teacher when I finish, so I can help my mom.”

Lessons begin and Agnes gazes up at her teacher, perhaps dreaming of the day when she herself will lead a class of eager students.

Thank you for giving children in some of Malawi’s poorest and most remote communities the opportunity to shine.

To find out more about our work in Malawi and around the world, visit marylmealsusa.org

“I want to achieve in life”
Cloltrida, Chaone, Malawi.

Little Cloltrida is one of the children benefiting from their exertions.

“School is important because I want to achieve in life,” she says. “I want to be a nurse.”

By the time the nine-year-old arrives at school, she has already collected several buckets of water and completed her morning chores – all on an empty stomach. But the mug of Mary’s Meals porridge that Cloltrida and her friends receive before class sets them up for the day ahead, feeding their bodies, their minds and their hopes for the future.

“I like to eat the porridge,” Cloltrida says. “When I come to class, I can answer the teacher’s questions. I am getting bigger and healthier.”
Movie star Gerard Butler travelled to the Caribbean with Mary’s Meals’ founder Magnus to meet children benefiting from our life-changing work in Haiti.

And he even stepped in to help kids with their school Nativity play, making costumes and sharing acting tips with the young performers.

He said: “They surprise you with their ingenuity and how they make the most of what little they have. They were magnificent, and they give you so much more than you give them.”

The visit took him to schools in Haiti’s Central Plateau, where he joined kids for a nutritious lunch of rice and beans with a tasty fish sauce and met some of the volunteers who prepare Mary’s Meals for 41,831 children every school day.

He said: “I’ve been cheered up no end by these beautiful souls who, despite living in a country that has gone through so much hardship, have nothing but love to give. Communities are transformed by what Mary’s Meals does to feed children in a place of education. I’ve seen it in action in Liberia and now Haiti.”

Magnus added: “It’s been a very moving few days meeting the children. There are so many memories that the communities here won’t ever forget, and neither will we.”

You can watch highlights from Gerard’s Haiti trip at marysmealsusa.org

Nomthandazo is one of 18,435 children in Zimbabwe who recently began enjoying Mary’s Meals for the first time.

Once referred to as the ‘breadbasket of Africa’, Zimbabwe has recently suffered several years of violent upheaval, forced land re-distribution and drought, which has devastated many farming families and led to widespread hunger in parts of the country.

With the help of volunteers from the local community, we’re feeding kids at 40 schools in the impoverished Tsholotsho District. The daily mug of vitamin-enriched Mary’s Meals porridge helps Nomthandazo to make the most of her education.

She said: “Life would not be easy without school and the Mary’s Meals food that we receive there. We get energy after eating and are able to write faster. I hope to get knowledge so that I can brighten my future. School will help me to get a job.”

We’re also serving meals in Madagascar, where children as young as eight face malnutrition and appalling conditions in overcrowded prisons.

The vast majority of these children are still awaiting trial. Some have been detained for minor offences, while others have been placed in prison for their own protection.

Working alongside Grandir Dignement – an organisation that provides education and vocational training – we’re feeding kids at four prisons in the Antsiranana and Antananarivo regions.

The nourishing meal of rice and vegetables, served with beans (and, once a week, with meat or an egg) helps vulnerable young people to engage with workshops and classes, taking the first steps towards a life free from poverty and hunger.
SPONSOR A SCHOOL WITH MARY’S MEALS

Is your family, church, community group, school or business looking for an exciting new challenge?

Could you organize a group of people to raise $19,500 to feed an entire school of 1000 children for a year?

That’s what staff and kids at St John’s Summer Program in Hollywood, MD, did, when they chose to sponsor Chaone Primary School in Malawi.

Sponsor A School is a fantastic way to give your fundraising a focus. Friends, family or colleagues work together to cover the cost of a year’s feeding for a whole school in Kenya, Liberia, Malawi or Zambia.

Your 12-month fundraising goal depends on the number of children enrolled at the school you choose.

To reach their fundraising goal, St John’s Summer Program held a mulch sale, threw a pizza party, enjoyed a chicken dinner and gave creative theatre performances.

They invented a competitive fundraising game called ‘change wars’, and even pledged to give up treats – donating any money saved to the cause.

In total, they raised a spectacular $25,000 – more than enough to feed all of Chaone’s 1,000 children!

It costs just $19.50 to feed a child for a whole year, so you might be surprised at how quickly you reach your goal.

We’ll send you an annual update, letting you know how the students at your sponsored school are doing.

Every act of love in support of Mary’s Meals – big or small – helps to make a change. And when lots of people work together, the impact is even greater!

Visit marysmealsusa.org to find out more about Sponsor A School.

Ways to spread the word

Help us reach more hungry children by telling your friends and family about the work of Mary’s Meals.

1. Follow us on social media
There are heaps of lovely photos, stories and video clips on Facebook, Twitter, Instagram and LinkedIn. Liking and sharing our posts is a fantastic way to let others know about our life-changing work. Search Facebook for our new Mary’s Meals USA page!

2. Give the gift of a good read
Our founder Magnus’ bestselling book The Shed That Fed A Million Children takes readers on an incredible journey, from a little tin shed in the Highlands of Scotland to classrooms around the world.

3. Share the good news
We’re looking for English and Spanish speakers to spread the word about Mary’s Meals this summer by giving a short talk at Mass as part of our Mission Appeals program. We’ll set you up with a script and match you with a nearby parish. To find out more, email info.usa@marysmeals.org.

4. Movies for Mary’s Meals
Organize a screening of one of our award-winning documentaries – Child 31 or Generation Hope – and discover how daily school meals are helping to transform children’s lives. You can visit our website to view these films.

5. Pass it on
If you enjoyed reading this magazine, why not give a copy to someone you know, so that they can read it too?
Mary’s Meals is made up of millions of people around the world, all walking together towards the shared goal that every child can enjoy a tasty and nutritious meal each day at school.

People from all walks of life offer their time, skills, money and prayers to make Mary’s Meals possible.

This allows us to set up school feeding programs in places where poverty and hunger prevent children from gaining an education.

The promise of a nutritious meal encourages children to come to school.

Education offers children – and their families – an escape route from poverty.

They are healthier, happier and have more energy to play with their friends.

After eating Mary’s Meals, pupils find it easier to concentrate in class and do better in exams.

We work closely with the local community, who own the program and deliver school feeding.

Wherever possible, Mary’s Meals food is bought locally, which helps smallholder farmers to earn a living...

...and boosts the local economy, benefiting whole communities.

More people tell their friends about the work of Mary’s Meals, helping our movement to grow.

Together, we can reach the next hungry child waiting for Mary’s Meals.

We provide food, fuel, training and equipment, while volunteers cook and serve the school meals.

Take steps with us on the journey to feed the next hungry child waiting for Mary’s Meals at marysmealsusa.org
Our work around the world is only possible thanks to superstar supporters like these…

**Bundles of blessings**

Debra Waldera from St Paul, Minnesota, makes beautiful baby blankets for Mary’s Meals. Debra parcels up each blanket with a children’s book and a leaflet about our work, then invites people to pick a bundle of their choice in exchange for a $25 donation.

She said: “How could I help the children of Mary’s Meals? God told me to use the gift of sewing. I have tables at craft fairs and community events, sharing the message and generating donations."

Four years and 500 blankets later, Debra’s Bundles of Blessings have raised an incredible $12,500 to help hungry children around the world.

**Food for thought**

Long-term supporter Marilyn Lane still remembers the difference she saw Mary’s Meals’ daily school meals making during a visit to Liberia in 2012.

She said: “Each day I had the opportunity to ride over rough roads and deeply rutted mud to distribute Mary’s Meals in remote villages. I still can hear the children running from tiny huts and makeshift homes of corrugated metal to greet the Mary’s Meals truck. Their joyful chants and excitement touched my heart deeply. What gratitude these little children displayed in receiving a simple meal!”

**Art with heart**

Frank and Mary Jo Harty from Iowa are dedicated supporters of Mary’s Meals.

Mary Jo founded Mary’s Meals: Heartland, a group for like-minded people who take part in everything from fun runs to festivals to help hungry children around the world. Her husband Frank creates religious artworks which he sells to raise funds.

Mary Jo said: “I cannot think of a better value for my money than feeding a child for a school year for $19.50. The impact of that is staggering to me.”

**Hitting the right note**

There was music in the air last summer when Nashville band High South entertained the crowds at five spectacular benefit concerts for Mary’s Meals.

The events, organized by a group of dedicated volunteers, took place in Iowa, Nebraska, Missouri and New York, raising more than $42,900 – enough to feed 2,200 children for a whole school year!

The trio also played at the Warwick Food Truck Festival, hosted by parishioners of St Stephen’s Church.

High South’s Kevin Campos said: “Feeding children is a pretty great thing. It is gratifying and a win-win!”

Follow Mary’s Meals USA Facebook page for the 2019 concert series!

**Sharing the good news**

When Jill Parish saw the movie Generation Hope, she felt compelled to spread the word.

“The video brought tears to my eyes,” she said. “I signed up to volunteer and was asked if I would speak about Mary’s Meals at a local church during mission appeals. Several months later, I was standing in front of the congregation.”

“Their warm welcome helped me conquer my nerves. I had the opportunity to speak about Mary’s Meals after each Mass. It was a wonderful experience.”

Take a look at page nine of this magazine for more information about mission appeals.

You can find more inspiring stories from across the USA at marysmealsusa.org
Jenneh Blama is the sprightly head cook at Kamada Town Elementary School in Bomi County, Liberia. When Mary’s Meals began the school feeding program at her school in 2008, Jenneh volunteered immediately. Ten years later, she’s still going strong.

Jenneh realised that school and food was a winning combination during Liberia’s civil war. She says: “I was cooking for the children in the displaced camp in 2003 and I noticed that children came if there was food, and if they came they could learn. So, when I came back to the community, I wanted to do something.”

Jenneh realised that school and food was a winning combination during Liberia’s civil war.

She says: “I was cooking for the children in the displaced camp in 2003 and I noticed that children came if there was food, and if they came they could learn. So, when I came back to the community, I wanted to do something.”

The dynamic great-grandmother believes she is in her 60s. She has two children, as well as “plenty” grandchildren and great-grandchildren. Her 16-year-old great-niece – also named Jenneh Blama – is the last family member still at the school.

She says: “I want her to learn and be good. I am too old now to put a load on my head and go and sell it. When you’ve learned, you can sit down and rely on your learning.

“Mary’s Meals brings the food and helps the children. Now the children are doing well and they are healthy. Mary’s Meals is encouraging them to come and is keeping them in school.

“I never had the chance to go to school, but I would have liked to have trained as a baker to make bread and pastries. That’s why I tell children the importance of education. If you go to school, you will end poverty in your life.”

MY SISTER AND ME

Introducing twins Joanna and Joetta Johnson, 14, who enjoy Mary’s Meals at school in Tubmanburg, Liberia.

What’s your favorite subject?
Joanna: Math gives me ideas about things like measurements.
Joetta: History, I want to know about how Liberia came about.

What do you want to be when you grow up?
Joanna: A lawyer – to judge between who is wrong and who is right.
Joetta: A doctor – to save people’s lives.

What does Mary’s Meals mean to you?
Joanna: It gives us strength on campus and after school we can come and do our chores.
Joetta: Without the meals, we wouldn’t go to school because we don’t have money for lunch.

Are you always together?
Joanna: We do everything together. Anything she gets, she can give me.
Joetta: We’ve got good friends, but she’s my best friend.

How do people tell you apart?
Joanna: They say I am the happy one.
Joetta: They call me talkative.

What games do you like to play?
Joanna: We play lapa (Liberian dodgeball), jump rope, football and kickball.
Joetta: She’s better at football than me, but I’ve scored two winning goals for the team.

If you could visit anywhere, where would you go?
Joanna: The UK. I see many people who come from there and they are very healthy.
Joetta: I want to meet English people because they can speak English well. That’s why they call them English people.

In Liberia, after the introduction of Mary’s Meals, child hunger at school reduced from 44% to 31% within one year.
People of all ages across the USA took part in our Thanksgiving challenge to Run Locally, Feed Globally. Families, buddies and even a few four-legged friends donned Run Locally, Feed Globally T-shirts and ran, walked or strolled to feed hungry children – on Thanksgiving Day and beyond.

Events to raise funds and awareness took place in states across the USA, including Washington, Iowa, Florida, Ohio, Georgia, Missouri and New York.

Michelle Keller, a Mary’s Meals Ambassador from Jefferson City, MO, invited friends and family through her Facebook page to join in her early morning 5k race route on Thanksgiving Day.

She posted: “Yes, it’s early on Thanksgiving. I consider that part of the journey and part of the sacrifice that weaves me into the lives of those in need. Did you know that many students in Malawi walk 5k to get to school every day?”

Triathlete Hector Santaella’s Thanksgiving Day run in Key Biscayne, FL, was so successful that he organized more fundraising runs for Mary’s Meals on Christmas Eve and New Year’s Day!

He said: “When celebrating a day of plenty, I am eager to combine healthy living practices with raising awareness and funds to feed the next hungry child.”

Nancy Jantzen, a retired physical education teacher, and her friend Theresa Piekut asked visitors to The Shrine of Our Lady of the Island to support their run in Manorville, NY. Twenty people took part, while many others donated.

Nancy said “We had a great time. I can’t wait to do this again next year!”

To find out more about Run Locally, Feed Globally visit marysmealsusa.org or email info.usa@marysmeals.org.
BIG-HEARTED BUSINESS

We’re teaming up with companies to bring hope to hungry children around the world.

Working together

Plexus Worldwide, an Arizona based health and wellness company has donated $25,000 to Mary’s Meals as part of their Nourish One campaign. Going forward, a portion of each sale made by their team will come to Mary’s Meals to combat child hunger.

Double the love

Customers at Invicto – a chain serving authentic Mexican food – are transforming children’s lives. The Chicago-based taqueria has pledged to feed a child in one of the world’s poorest communities for every sale made – and they’ve already raised enough for 8,000 meals!

CEO and co-founder David Sloan said: “When you’re going to go out to eat anyway, you might as well visit restaurants that are also providing meals for the world’s hungriest children.”

#MEAL4MEAL

Indiana-based Chillburger is donating 10 cents to Mary’s Meals for every Steak Burger sold. Each donation provides one meal for a child. Customers have raised more than $10,000 over the last 12 months – providing an astounding 100,000 meals for more than 500 hungry children for an entire year. Chillburger’s generous servers even pooled their tips adding $2,000 to the fund – another 20,000 meals for 102 children who will receive a daily school meal for a year!

Want to bring joy to hungry children around the world?

Here are some ways your workplace can help:

• Form a fundraising partnership and link your sales with donations to Mary’s Meals.
• Pick us as your charity of the year and pledge a share of your profits to help feed hungry children.
• Organize a workplace fundraiser and hold a coffee morning, have a bake sale or take on a sponsored challenge in aid of Mary’s Meals.

To find out more about our corporate partner program email info.usa@marysmeals.org

MAKE A DONATION

Please complete form and mail to: Mary’s Meals USA, 75 Orchard St., Bloomfield, NJ 07003

My details

Full name: __________________________ Tel no: __________________________

Home address: __________________________ Email: __________________________

My donation

Amount: __________________________ Make this donation: __________________________

Monthly □ Yearly □ Once □

Please debit my MasterCard / Visa / AmericanExpress / Discover (Delete as appropriate)

Card number: __________________________ Expiry date: __________________________ CVV: __________________________

(3 or 4 digit code on card)

Signature: __________________________ Date: __________________________

We can’t do this without you

We would like to keep you informed about our latest news, fundraising appeals, other ways to get involved, and how your support is bringing hope to hungry children every school day.

We promise to keep your information safe and secure and we will never give it to other organizations to use for their own purposes. You are free to unsubscribe at any time, which you can do by emailing info.usa@marysmeals.org or change your preferences by calling 800-385-4983. You need to be 16 or over to join our mailing list, but please contact us for other exciting ways for under-16s to get involved.

Other ways to donate

Online: marysmealsusa.org

By mail: Please send any checks or money orders, made payable to: “Mary’s Meals USA”, to Mary’s Meals, 75 Orchard Street, Bloomfield, NJ 07003, USA

By phone: 800-385-4983

Your privacy. By completing this form, you are agreeing to comply with our Terms and Conditions which, together with our Privacy Policy and Cookie Policy, govern how we store and process your data. Please visit www.marysmealsusa.org for more information. Your details will only be used by Mary’s Meals USA and Mary’s Meals International (and suppliers working on our behalf) to provide the service you have requested.
DO SOMETHING AMAZING!

Start a regular donation with Mary’s Meals and reach out to the world’s poorest children all year round.

[Website Link]

$19.50 will feed a child for a whole school year!