

A photograph of three young boys in school uniforms. The boy on the left is using a metal scoop to serve rice from a large, round metal pot. The boy in the middle is holding a plate of rice. The boy on the right is looking towards the camera. In the background, there are other plates of rice and a large pot of soup. The scene is set outdoors, possibly in a school cafeteria or a community center.

# Food Changes the Story

Activity Guide

mary's  
meals

a simple solution  
to world hunger

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## Purpose

This interactive activity is meant to show participants the power of food and the difference a simple meal makes in changing the life of a child. By covering up certain words from statements on the following pages (i.e, covering up words with beans to change the narrative), they can take a seemingly negative statement and make it into one of hope.

For example, take the statement “A mother sends her child to work instead of school because there is no food to eat”. Once a few words are covered up, as in the image below, it takes on a whole new meaning. Now, “A mother sends her child to ~~work~~ ~~instead~~ ~~of~~ school because there is ~~no~~ food to eat”.

**A mother sends her child to  
~~work instead of~~ school because  
there is ~~no~~ food to eat.**

**Food changes the story**







## Materials Needed

**Dry Beans** (1 bag divided equally per group)

**Mary's Meals Map Printouts**

**Food Changes the Story Statements**

## Directions

-  Before participants arrive, place the map(s) and beans at the tables for participants to either work independently or share between them
-  Place the food statements on the table as well, upside down
-  Have participants look over the map to learn about what meals are served in school within the 20 countries where Mary's Meals feeds children
-  You may also use the "Key Messages" document to learn more about Mary's Meals and unpack key facts



# MARY'S MEALS AROUND THE WORLD

Life-changing daily meals in a place of education



**Lebanon**  
Sandwich wrap and a piece of fruit or vegetable



**Haiti**  
Maize and beans, or rice and beans with fish



**Niger**  
Rice with beans, meat or fish and vegetables



**Liberia**  
Rice and beans



**Benin**  
Maize or rice with beans, vegetables, meat, fish or eggs



**South Sudan**  
Maize and beans



**Ecuador**  
Meat or fish and potatoes or rice with vegetables from the school garden



**Syria**  
Sandwich wrap and a piece of fruit or vegetable



**Yemen**  
Filled pitta bread sandwich with fresh fruit or vegetables



**India**  
Rice with vegetable curry or lentil dhal



**Myanmar**  
Rice with curry made from vegetables, meat, fish or egg



**Thailand**  
Rice with either a curry or soup made with meat or vegetables



**Ethiopia**  
Maize and beans or cracked wheat (kinche) and chickpeas



**Kenya**  
Maize and beans



**Madagascar**  
Rice with beans, lentils or vegetables and nuts



**Malawi**  
Maize and soya porridge (phala), fortified with vitamins and minerals



**Zimbabwe**  
Maize and soya porridge, fortified with vitamins and minerals

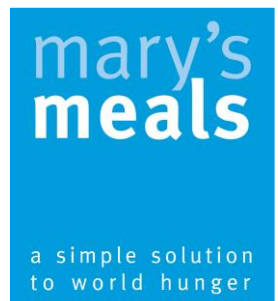


**Zambia**  
Maize and soya porridge, fortified with vitamins and minerals

**mary's meals**  
a simple solution to world hunger

Food changes the story

A mother sends  
her child to  
work instead of  
school because  
there is no food  
to eat.



There is  
nothing you  
can do to  
change  
someone's life.  
There is no  
hope.



A child gets no  
school meals.

They don't get an  
education. There  
is no chance they  
become a doctor.

