



# Mary's Meals Porridge Pack for Schools

Raise awareness and funds  
to feed hungry children with Mary's Meals while  
celebrating porridge!




# The **impact** of our work

**90%**   
of teachers said that school attendance has improved



**90%**  
of children feel happy in schools where Mary's Meals are served

After the introduction of Mary's Meals, the proportion of hungry children fell by **71%** 



**91%**  
of teachers said that children's grades in class have improved

Research findings from our impact assessments in Malawi, Zambia and Liberia.

For more information visit [marysmealsusa.org](http://marysmealsusa.org)

# Porridge Changes Lives

Mary's Meals provides one good meal every school day for hungry children living in 18 countries around the world. The promise of these meals attracts children to the classroom, where they can gain an education and grow up well-nourished and well-educated to become the men and women who will lift their communities out of poverty.

In Malawi, Zambia and Zimbabwe we serve warm mugs of vitamin-enriched porridge, made from corn and soya, which helps them to learn and grow.

For Simeon from Malawi, the nutritious porridge he receives from Mary's Meals is a lifeline. Even when there is nothing to eat at home, the 10-year-old is guaranteed a filling and nutritious meal each day at school. He says:

**"Porridge takes away my hunger. When I come to school hungry, it gives me strength. I concentrate better in class when I have eaten."**



Simeon

Daily school meals fill Simeon's empty stomach, helping him to gain a precious education and follow his dreams.

"School is important because it helps you make your future," he says. "My favorite subjects are English, math and Chichewa. I want to be a doctor when I finish school, so I can help sick people."

**COVID-19  
RESPONSE**

**Our work won't stop**

Earlier this year, schools across the world began to close amidst the Covid-19 pandemic and we had to adapt quickly to ensure hungry children did not go without our nutritious meals. We started distributing ingredients for porridge in communities for the children who rely on Mary's Meals to eat at home.





# How to Host a Porridge Day

- 1. Set a Date:** You can host a Porridge Day any time you would like. You can also host a Porridge Day Lunch during Lent to encourage solidarity with the children of Mary's Meals by fasting. World Porridge Day on October 10<sup>th</sup> is also a great occasion to celebrate. You can include a project group, class, or even your entire school.
- 2. Choose a Menu.** You should serve up some type of porridge or oatmeal. It can be similar to what children who eat Mary's Meals enjoy every day in Malawi, Zambia and Zimbabwe or jazz it up with a few fun ingredients. See below for recipe ideas that can be page for large groups or individuals.
- 3. Share the Story:** Using the information in this pack, share the story of Mary's Meals with your students/classmates and explain why we celebrate porridge. You can also [click here](#) to show one of the Mary's Meals films so everyone can see the impact of Mary's Meals and the difference a mug of porridge makes.
- 4. Feed a Child:** Participants in your Porridge Day event can raise funds to make a huge difference in the lives of children who rely on our daily mug of porridge. It costs just \$25.20 to feed a child for an entire school year with Mary's Meals – that's just 13 cents per meal!

Thank you for your support!



## Apple Oatmeal Recipe for Groups

**Makes approximately 24 (1/3 cup servings), perfect for mid-morning snack!**

**You will need:**

Crock pot, wooden spoon, serving containers, spoons, timer

**Ingredients:**

2 one-liter containers of apple juice  
5 cups of quick oats  
1 cup water  
Optional: 1 tbsp vanilla & 1 tbsp cinnamon

**Method:**

You will want to start cooking 60-90 mins before serving time.

Combine ingredients, stir well, cover with lid and turn crock pot on HIGH for 60 mins. After one hour on HIGH stir and check consistency. Keep warm until ready to serve.

**Suggested toppings:**

Cinnamon, brown sugar, maple syrup, apple slices, berries, sprinkles, chocolate chips





## How to send in your donations

### Set up a fundraising page

Visit [marysmealsusa.org](http://marysmealsusa.org) and click on the yellow "Start Fundraising" button or just [click here](#)

### Donate by check

Make checks payable to Mary's Meals USA. They can be sent to Mary's Meals USA, 75 Orchard Street, Bloomfield, NJ 07003. Feel free to include the name of your school or group and any photos!

### Donate online

Make your donations using a credit card at [MarysMealsUSA.org/donate](http://MarysMealsUSA.org/donate)



**93% of donations are spent on our charitable activities**

It costs just **\$25.20**  
to feed a child with Mary's Meals  
for a whole school year.





# Perfect Porridge Recipes

Our friends from Mary's Meals UK have shared these delicious porridge recipes with us ahead of the big celebration. You might want to try them at home or share them with a friend while you tell them about Mary's Meals.



## Charlotte Oates' Strawberry, Maple and Pistachio Overnight Oats

Check out Charlotte's food blog: [Charlotte's Lively Kitchen](#)

Ingredients (serves 1)

- 2 oz porridge oats (rolled or steel cut)
- 4 oz milk
- 2 tsp maple syrup
- 1 tbsp pistachio nuts (chopped or whole)
- 1 handful strawberries

### Method

1. The night before you want to eat them, put the oats in a bowl and cover with the milk. Cover the bowl and leave in the fridge overnight.
2. In the morning, slice a handful of strawberries.
3. Remove the oats from the fridge and mix in the sliced strawberries, pistachio nuts and maple syrup – you can mix them in or arrange them beautifully and take a quick picture for social media. Tag us @marysmealsusa
4. Enjoy!

## Sophie Thompson's Porridge Bars

Sophie Thompson is an actress who has worked in television, film and theatre. She has appeared in films including *Four Weddings and a Funeral*, *Emma*, and *Harry Potter and the Deathly Hallows – Part 1*. Sophie won *Celebrity Masterchef* in 2014.

Ingredients

- 8 oz oats
- 4 oz butter (salted is best!)
- 5 oz agave syrup or honey
- 3 oz raisins or other dried fruit
- Vanilla
- Sea salt

### Method

1. Turn on your oven to 350°F.
2. Put your oats into an oven tray and into warm oven to gently brown for approximately 20 minutes. Check and shuffle around now and again to brown.
3. Remove from the oven and sprinkle with salt.
4. Melt the butter and agave or honey together and stir in the oats with the fruit and generous splash of vanilla.
5. Press your mixture into an approximately 10x8 inch buttered oven tin.
6. Cook in the middle of the oven until lightly golden for approximately 12 minutes.
7. While still warm, score into bar sizes.
8. When nearly cool, spatula out from the tin and don't be afraid to press, to encourage the bars to stick together.



# Little acts of love

In the 18 countries where we serve Mary's Meals, loving volunteers arrive at schools early in the morning to prepare the food. Mayamiko Nanhantani, from Malawi, leaves her home at 2am so she can help to clean the kitchen, fetch water, light the fires and begin to cook. It's hard work, but Mayamiko does it all for her two children and the other children living in her community.

She believes the porridge, locally called *likuni phala*, is what keeps the little ones in school: "The children are able to come to school now. The porridge motivates and encourages them to come. There isn't enough food at home, but when the children come to school they receive likuni phala and they have enough energy to do well in class."

Mayamiko is positive about the future and determined to provide for her children in whatever way she can.

She explains: "It's important that the children are educated so that they are able to be employed and can become independent in the future."

By hosting a Porridge Day event and inviting staff and students to make a donation, you can help us continue to reach hungry children with life-changing meals.



Mayamiko



## The Power of Porridge & Bishop Mussio Jr. High

For over 7 years, Bishop Mussio Jr. High in Steubenville, OH has hosted a porridge day on Ash Wednesday. After Mass, the students are served porridge and water for lunch as a sign of solidarity with the Mary's Meals School they sponsor in Liberia.

The students watch Mary's Meals film Child 31 for an understanding of the hunger challenges kids face in the world's poorest communities. Teacher and Mary's Meals Ambassador Chrissy DiMichele tells us, "The students were very moved by their experience and it truly helped them appreciate the blessings that they have. We work very hard to raise money for Cynthia's Kitchen and do many fundraisers throughout the year."



mary's  
meals

a simple solution  
to world hunger



# Thank you for hosting a Porridge Day Event

#MARYSMEALSUSA



#PORRIDGESMILES



Visit [marysmealsusa.org](http://marysmealsusa.org) for more information and inspiration.  
If you have any questions, or would like further support for your Porridge Day event, please email [rudy.gomez@marysmeals.org](mailto:rudy.gomez@marysmeals.org) or call 1-800-385-4983 x3