

# Food changes the story

Mary's Meals provides life-changing meals to hungry children every school day.

mary's  
meals

a simple solution  
to world hunger

Mary's Meals is a global movement of people from all walks of life, **united by the belief that no child should endure a day without a meal.** We set up school feeding programs in some of the world's poorest communities, where poverty and hunger prevent children from gaining an education.

Today, over **67 million** primary school-age children miss school because of poverty. Instead of sitting in classrooms, they are working in fields, begging on street corners or scavenging among the garbage just to survive. Millions more attend school so hungry that they are not able to concentrate and learn.

Our vision is that **every child should receive one good meal every day in a place of education.** Working together with people who share our ideals – whether individuals, groups or businesses – we believe this vision can be achieved in a world where there is enough food for everyone.

**Every school day, we reach more than 3 million hungry children** across 16 countries: Benin, Ecuador, Ethiopia, Haiti, India, Kenya, Lebanon, Liberia, Madagascar, Malawi, Niger, South Sudan, Syria, Yemen, Zambia and Zimbabwe. Where children receive our daily meals, there is a rise in rates of enrollment, attendance and academic performance.

**It costs just \$25.20 USD to feed a child with Mary's Meals for an entire school year.** We're committed to keeping our operating costs low, and we are humbled and heartened by the support we receive from all over the world.

Ours is not a movement that divides rich from poor or giver from receiver. Every contribution is equally valued – from donations to buy the food to the time and energy given to cook and serve the meals.

Nearly every part of our work depends on dedicated volunteers all over the world, both those who cook and serve the meals and those who raise awareness of our mission, to help grow the movement and feed more children. **Together, we are helping to transform the lives of children in desperate need.**

We firmly believe that the children receiving Mary's Meals today can one day grow up, well-nourished and well-educated, to become the men and women who will lift their communities out of poverty and end their reliance on aid.

**We need your help to end child hunger and create a better future. We know food can change the story for children living in poverty and everyone has something to offer this mission. Please join us and help to make our vision a reality.**

Thank you so much for your time and consideration.



## A SIMPLE SOLUTION TO WORLD HUNGER

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



marysmealsusa.org



👧 👦 👧 👦 We are feeding over 3 million children every school day. 👧 👦 👧 👦

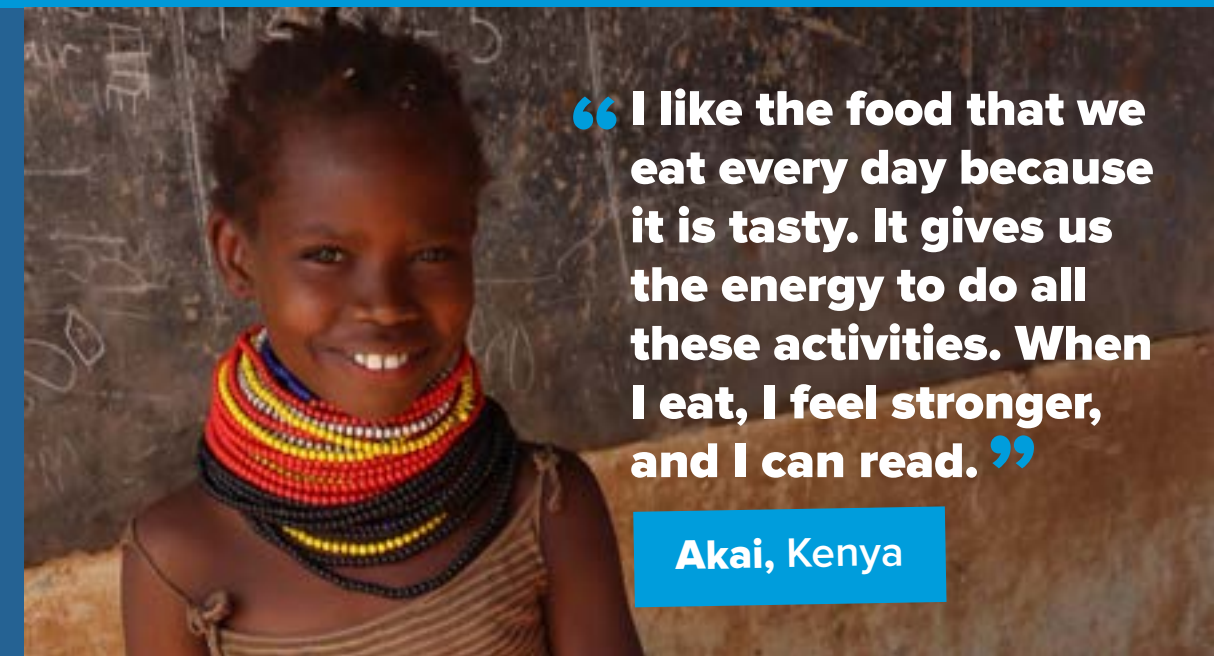


“I don’t eat before coming to school. The first time I eat is at school when we have porridge. I like the porridge. It’s nice because I get a full cup.”

Sam, Zambia

## Mary’s Meals is owned by local communities.

We provide food, training and equipment so that thousands of volunteers can cook and serve school meals.



“I like the food that we eat every day because it is tasty. It gives us the energy to do all these activities. When I eat, I feel stronger, and I can read.”

Akai, Kenya

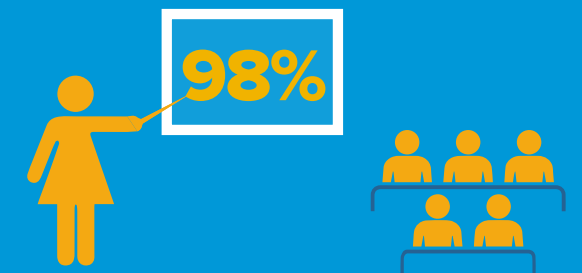


Mary’s Meals reaches children in **16 countries** around the world.

It costs just



to feed a child with Mary’s Meals for a whole school year.



of teachers reported an **increase in attendance** since the introduction of Mary’s Meals at their school.



**50.7% : 49.3%**  
ratio of **girls** to **boys**  
receiving Mary’s Meals.



The cost per meal is  
**13¢**