



Donate to Mary's Meals today and **double** your love!

Give until 31 January 2023 and your **donation will be doubled** by a group of generous supporters, up to £1.5 million – meaning we can reach even more hungry children with life-changing school meals.

Donate at:
marysmeals.org.uk
Or call: **0800 698 1212**





Because of our low-cost approach, it costs just £15.90 to feed a child with Mary's Meals every school day for a year. And this winter, your donation of £15.90 will feed two children!

Rahabe, 15, lives with her grandmother in the Eastern Province of Zambia. She wakes up early every morning and starts her walk to school where she is in Grade 6.

She says: "I come to school because I want to be a nurse when I grow up. I admire the nurses' uniform and the work they do."

"The Mary's Meals porridge gives me energy and quenches my hunger. I don't doze in class or feel hungry during my stay at school because of the porridge."

"I hope Mary's Meals will continue to provide the porridge to many learners like me."

From 1 November 2022 until 31 January 2023, donations to Mary's Meals will be doubled by a group of generous supporters, up to £1.5 million.

Together, through Double The Love, we can transform the lives of many more children like Rahabe.



Rahabe from Zambia

Donate now



Contact us:
0800 698 1212
info@marysmeals.org
marysmeals.org.uk



mary's
meals

a simple solution
to world hunger