mary's meals

a simple solution to world hunger

Mary's Meals + Backpack Project = A Brighter Future

Mary's Meals is a simple idea that works – by providing a daily meal in a place of education, chronically poor children are attracted to the classroom where they can gain a basic education that provides an escape route from poverty. Mary's Meals began in 2002 in Malawi, feeding 200 children. Today, it is feeding over 500,000 children around the world, in countries including Malawi, Liberia and Haiti.

Our vision is that every child receives a daily meal in school.

www.marysmeals.org

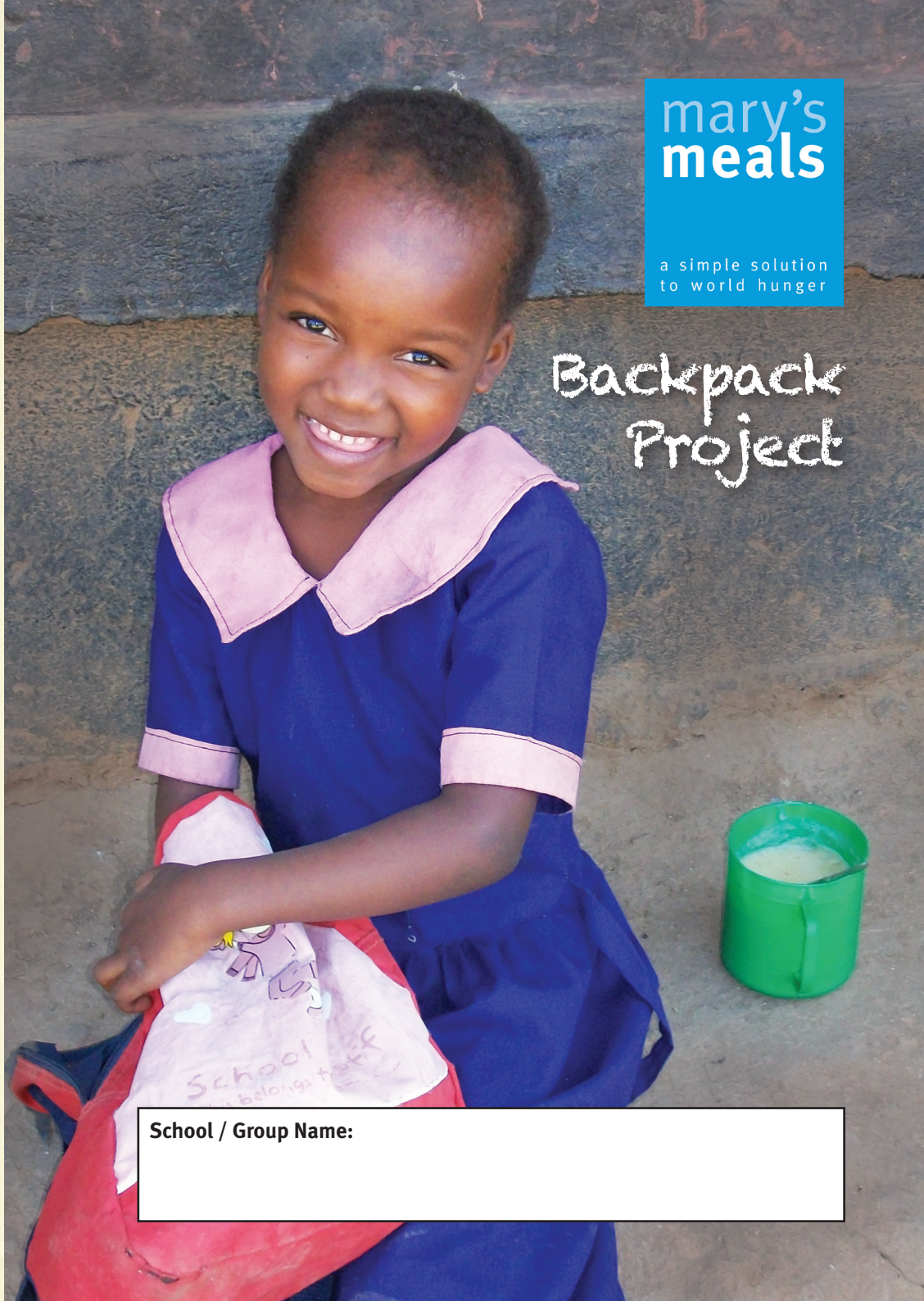
Completed Backpacks should be handed in to:

Location: .....

By this date: .....

Thank you for your support.

Mary's Meals is administered by Scottish International Relief
Craig Lodge, Dalmally, Argyll, PA33 1AR
Scottish Charity SC022140 Limited Company SC265941



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Backpack Project

School / Group Name:

Vital school supplies:

The Backpack Project is a simple way of helping children from poor families in countries like Malawi and Liberia get to school.

Very often the parents of the children we support cannot afford to buy even basic things like pens and notebooks or even suitable clothes for their children to wear to school. And so their children miss out on school and the education that can help them escape from poverty when they grow up.

You can help solve this problem by filling an old school bag or backpack with some everyday things. Mary's Meals will then send the backpacks to children who really need them.

More details about Mary's Meals and the Backpack Project are available at www.marysmeals.org

Handy hints:

- Clothing for children aged between 4-12 years is suitable.
- Second hand is fine as long as the item is in a good condition.
- Please label your bag to show whether suitable for boy or girl and suggest for what age.
- Don't be tempted to put in other treats such as toys or sweets as this can cause problems with customs.

Wanted items:

Backpack/School bag
Exercise Book/Notepad
Pencils / Pens / Crayons
Eraser
Ruler
Sharpener
Pencil Case
Towel
Shorts
Skirt & t-shirt, or dress
Flip Flops/Sandals
Small Ball e.g Tennis Ball
Soap
Toothbrush
Toothpaste
Spoon