

Mary's Meals provides daily meals in school for hungry children in some of the world's poorest communities.

The Backpack Project helps the children get the most out of their learning – and it's a great way to recycle your school bag and P.E. kits.

mary's
meals

a simple solution
to world hunger

PLEASE FILL YOUR BAG WITH:

Notepads, pencils, pens, crayons, eraser, sharpener, ruler, pencil case, towel, shorts or skirt, t-shirt or dress, flip-flops or sandals, small ball (e.g. tennis ball), soap, toothbrush, toothpaste, spoon.

HANDY HINTS



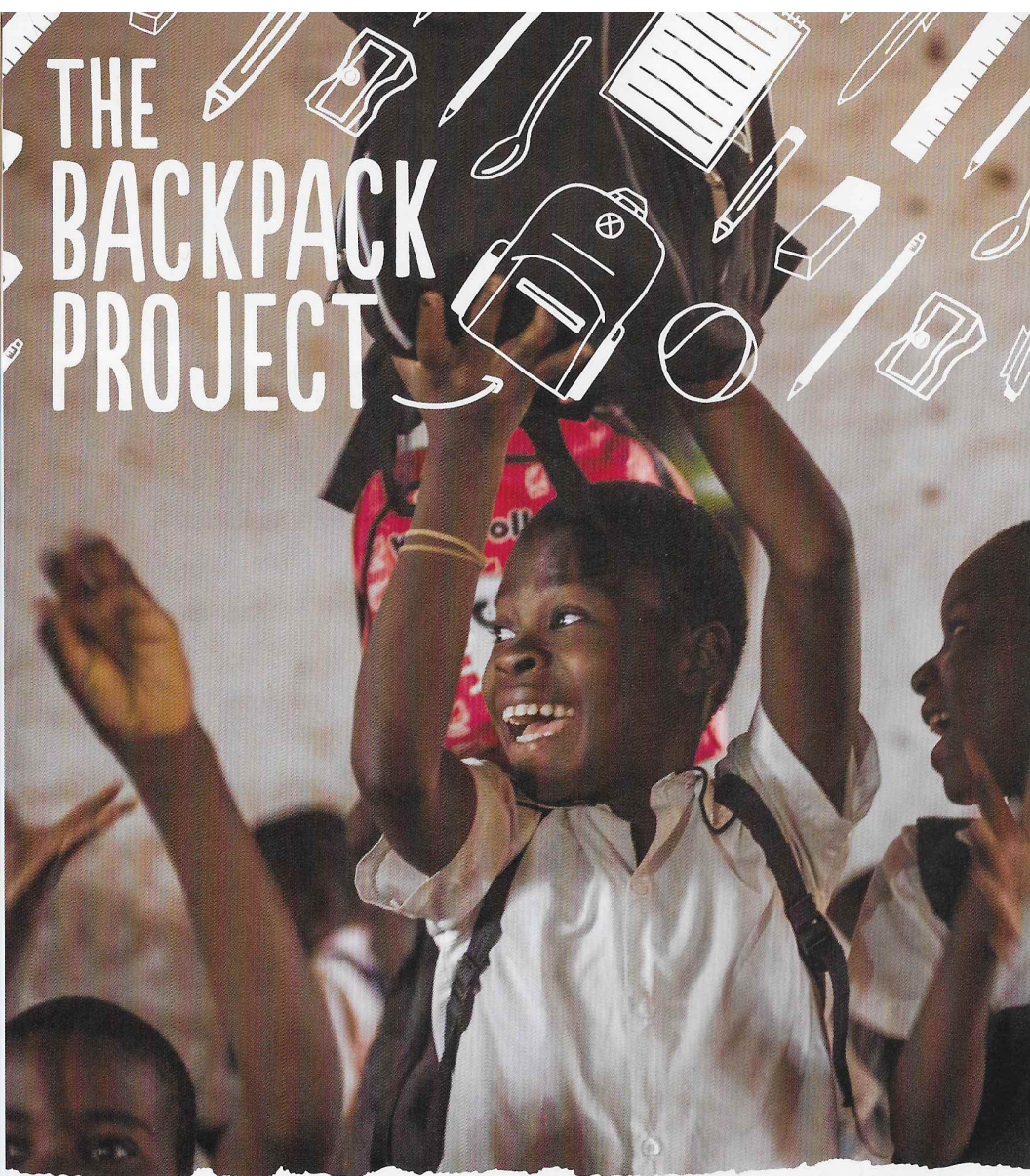
- Don't buy new, recycle where you can!
- Clothing for children between four and 12 years is suitable.
- Please label filled bags for boy/girl and age e.g. girl, 8.
- Don't be tempted to put in toys or sweets. This can cause problems during delivery.

To find out how to get involved visit:
WWW.MARYSMEALS.ORG.UK



Mary's Meals, Craig Lodge, Dalmally, Argyll, Scotland, UK, PA33 1AR
Registered Charity: SC022140 | Limited Company: SC265941

THE BACKPACK PROJECT



Recycling never felt this good! We'll send your schoolbags, polo shirts, skirts and shorts to Malawi to help children get the most out of their education.

To find out how you can help, visit:

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