



Activity pack

marysmeals.hk



The Fill a Mug story

Charles from Hong Kong wants to help children in poor communities that do not have enough to eat.



He makes his favourite mug into a special Mary's Meals **collection box** and starts collecting coins.



... and give their own children a **better life** too!



When Charles' **mug is full** he counts his coins and sends his donation to Mary's Meals.



Education helps children like Hope to free themselves from poverty...



Charles and Hope live in different places, but they are both part of the Mary's Meals family.

Every HK\$1 Charles collects provides a school meal for a hungry child.



Hope from Malawi used to be too hungry to go to school ... but now she eats Mary's Meals and never misses a lesson!



Her mum, Gladys, helps to cook and serve the **meals**. Now Hope can concentrate in class and do well at school.



How to take part

- Use the stickers provided to turn your mug into a collection cup.
- Save, earn or search for coins to fill up your mug
- Bring the contents of your mug to school for collection

Decorate your mug

Why not decorate your collection mug? You can colour in the label below, cut it out and stick it to your favourite mug (ask an adult for help). Or use your imagination and decorate your mug yourself!



We'd love to see your decorated mugs! Why not take a photo of your finished collection cup and post it on social media? Remember to use the hashtag [#FillMugsHK](#)



Hope in the classroom

The meals you are helping to provide mean children like Hope can go to school to learn and play with their friends. Can you draw Hope and her friends in her classroom or the playground?



How many meals can you give?

You can work out how many meals you can give children with the money you have collected. Just count up your coins and do the sum below.

$$\div \quad \underline{1} \quad =$$

**Amount collected
(HK\$)**

**The number of
meals I can give.**

$$\div \quad \underline{195} \quad =$$

**Amount collected
(HK\$)**

**Number of children
I can feed for a
school year.**

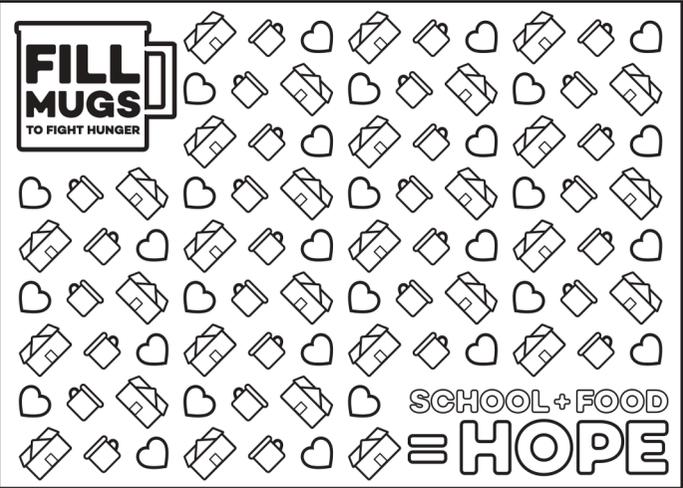


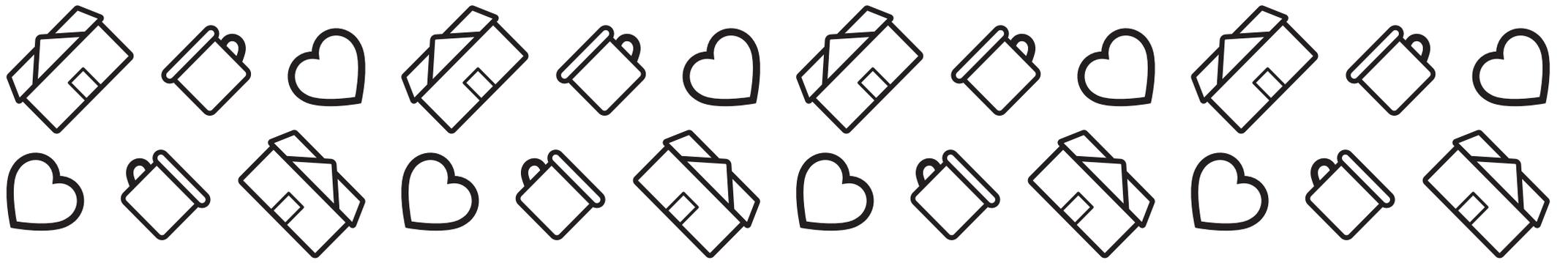
Each meal, served in a place of education, costs just HK\$1.

Fill your windows

Spread some joy in your community by colouring in one, or more, of our fill mugs posters and displaying them in your window to let people know how you're supporting Mary's Meals from the comfort of your home. If you don't have a printer, why not design a poster of your own?

#FillMugsHK





I AM FILLING
MUGS FOR
MARY'S MEALS

