The Backpack Project is a simple way of helping children to get the best out of school.

To find out how you can help, visit: www.marysmeals.org
Very often, the children we support don’t have basic things like pens and notepads to allow them to make the most of their education. You can help solve this problem by filling an old school bag or backpack with some everyday educational items.

Mary’s Meals will send the filled backpacks to children who really need them, which will enable them to attend school and gain an education that can help them escape from poverty when they grow up.

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:

- Clothing for children aged between four and 12 years is suitable.
- Second-hand items are fine, as long as they are in good condition.
- Please label your backpack to show whether it is suitable for a boy or girl and suggest what age.
- Please don’t be tempted to put in other treats such as toys or sweets, as this can cause problems during delivery.

To find out how to get involved visit: www.marysmeals.org