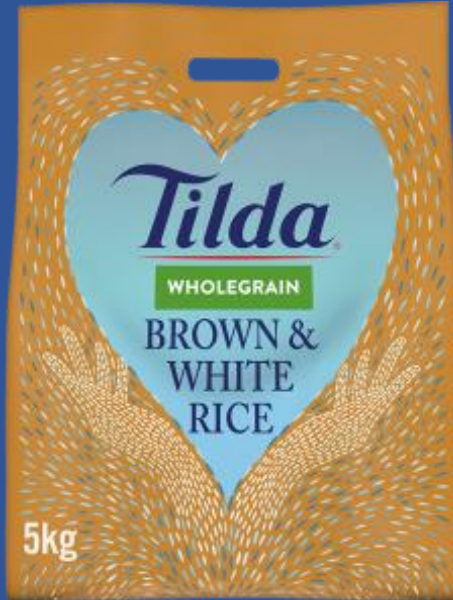


WHY YOU SHOULD SERVE TILDA'S BROWN & WHITE RICE IN YOUR SCHOOL



- Starchy food is an important source of energy and B Vitamins. Wholegrain varieties are good sources of fibre which are important for a healthy digestive system.
- The school foods standards recommend a 50:50 mix of wholegrain and white rice and 3 or more starchy foods per week.
- Rice is a fantastic Gluten free, dairy free and vegan option so suitable for all!
- Rice is a tasty, healthy carb alternative to serve your students with many benefits!
- A lighter alternative to other carbs such as potato and pasta.
- The health benefits of brown rice with the taste and performance of white rice
- Leaves you feeling fuller for longer without the heavy feeling so your students will be energised for the rest of the day without them falling asleep and ready to learn.
- Feeling fuller for longer means students are less likely to snack on foods high in fat, saturated fat, sugar or salt.

For every bag of Tilda Brown & white rice you use in your schools, Tilda donate money to

mary's
meals

a simple solution to world hunger



Mary's meals is a charity that is a series
of little acts of love.

If you put all those acts of sacrifice,
it creates a beautiful thing.





Mary's Meals feeds children in
18 countries around the world.

In Malawi, the percentage of children who said they felt hungry 'most of the time' or 'always' reduced from 42% to 1% after one year of receiving Mary's Meals.



In Zambia, 98% of children told us that they have energy after eating Mary's Meals.

In Malawi, enrolment increased by 39% in schools we surveyed in the first three years of the Mary's Meals programme.



50%
of the children
receiving Mary's
Meals are girls





Children who receive good nutrition and stimulation in their early years:

- **Are more successful at school**
- **Have higher employment rates**
- **Have better overall health**

How many children do you think Mary's meals
Feeds in a day?



EVERY SINGLE DAY!!

<https://youtu.be/1Rcr-gGce6Y?si=z3YKz0a9DHkZLtVt>



A mother sends her child to
~~work instead of~~ school because
there is ~~no~~ food to eat.

Mary's Meals provides a life-changing meal to hungry children in their place of education. See how you can change a child's life.

Food changes the story

Visit marysmeals.org.uk

Mary's Meals, Craig Lodge, Dalmailly, Argyll, Scotland, United Kingdom, PA33 1AR
Registered charity: SC022140 | Limited company: SC265941



~~There is nothing you can do~~
~~to~~ change someone's life.
There is ~~no~~ hope.

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A child gets ~~no~~ school meals.
They ~~don't~~ get an education.
~~There is no chance~~ they
become a doctor.

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