

# Breaking Bread together in the interest of peace

You can make a profound difference by doing something you were going to do anyway – having a meal.



By participating in Meals For A Mine-Free World you will help some of the most disenfranchised people in the world.

There are **three easy steps** in making a difference:

1. **Invite** your friends, neighbours or colleagues to join you for a meal
2. **Register** at [www.canadianlandmine.org](http://www.canadianlandmine.org) to receive materials
3. **Ask** your guests to bring a donation instead of bringing flowers.

**The Canadian Landmine Foundation**

[www.canadianlandmine.org](http://www.canadianlandmine.org)

*Host a meal and change the world*