



"The school feeding program changed the school environment. Teaching and learning have been simplified as the learners start their day with phala."

Marynia, Teacher

"I feel that phala motivates learners to attain education in our area and that is why I volunteer at this school."

Grace, Volunteer





"Phala enables me to pass in class. That is why I come to school early to eat before going in class."

Maria, age 14

"I like eating phala because of its sweet taste. It also makes me full."

Pemphero, age 12





Madugu Primary School, Chikwawa, Malawi

FACT FILE MALAWI



Malawi was the first country to receive Mary's Meals. We have been serving children here since **2002** in close collaboration with the **Government of Malawi**. We have also joined forces with local partner **MCSPA** to deliver in-school feeding in difficult-to-reach areas.

Mary's Meals operates in most regions of Malawi and our programme feeds almost one third of all primary school-age children in the country.



We are currently feeding 1,043,455 children.



We feed in a total of **1,011** primary schools and Early Childhood Development Centres across Malawi.



A typical school meal consists of **maize or soya porridge** boosted with minerals and vitamins, known locally as **'likuni phala'**.

Continent	Capital		Population
Africa	Lilongwe		19,129,955 (2020) ¹
HDI Rank	Life expectancy		Currency
174 of 189 ²	64.2 ³		Malawian Kwacha
Main exports		Language(s)	
Tobacco, cane and beet sugar and tea		Chichewa is the primary language. English is also taught in all schools	





- The Mary's Meals school feeding programme provides a much needed safety net for families who worry about how to feed their children.
- The vast scale of poverty and continued food insecurity faced by the people here is amplified by the adverse effects of climate change.
- Most families rely on smallholder farming to live, but this
 has become increasingly unstable as rising numbers of
 droughts and floods leave limited capacity for recovery and food production.





70.3% of the population live below the International Poverty Line of **\$1.90** USD per day.⁴



45.9% drop-out rate in primary school age children.⁵



Around **1.9 million** people have insufficient food intake.⁶



a simple solution to world hunger

Thank you

for supporting Mary's Meals.

