



**mary's
meals**

a simple solution
to world hunger

**Sponsor
A School**

Nambo Primary School

Mzuzu, Malawi

Number of students: 1,223 – 625 boys and 598 girls

Sponsored by Donors of the Czech Republic, Mary's Meals Czech Republic



“The children have good health and a good life because of phala. This has helped to reduce the malnutrition rate in Malawi.”

Teacher - Bridget Chantaya, age 31



“Phala has a lot of bodybuilding food nutrients that help learners to develop intellectually.”

Volunteer cook – Silvester, age 28



“I like phala because it has good taste.”

Student – Macdonald, age 13



“Having enough food makes me strong
and healthy.”

Student – Elasi, age 15

Sponsor
A School



Nambo Primary School Kitchen

Sponsor
A School



Nambo Primary School, Mzuzu, Malawi

Sponsor
A School



Nambo Primary School, Mzuzu, Malawi



Nambo Primary School, Mzuzu, 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 | |

Sources: ¹ Worldbank.org | ² Human Development Reports | ³ Life Expectancy in Malawi



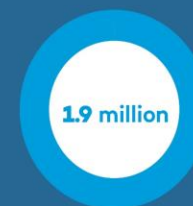
- The Mary's Meals school feeding programme provides a much needed safety net for families who worry about how to feed their children.
- The vast scale of poverty and continued food insecurity faced by the people here is amplified by the adverse effects of climate change.
- Most families rely on smallholder 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



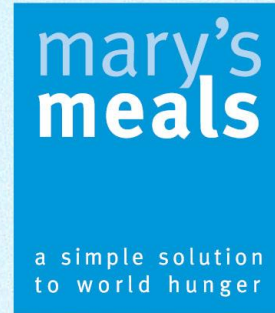
45.9% drop-out rate in primary school age children.⁵



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

Sources: ⁴ Human Development Reports | ⁵ Human Development Reports | ⁶ HungerMap LIVE

Thank you for your support!



marysmeals.org

© Mary's Meals International Organisation
Unit 10-13 Claremont Centre, 39 Durham Street, Glasgow, Scotland, UK, G41 1BS
Charity No. SC045223 | Company No. SC488380