

The logo for Mary's Meals, featuring the text 'mary's meals' in a white, lowercase, sans-serif font on a blue rectangular background.

mary's
meals

a simple solution
to world hunger

A blue circular logo with the text 'Sponsor A School' in white, bold, sans-serif font.

**Sponsor
A School**

Namwiri Primary School

Blantyre

926 Pupils – 472 Boys and 454 Girls

**Sponsored by Czech Republic
Fundraising Group**



“Phala encourages children to attend classes and learn well. It also reduces hunger and malnutrition among the learners.”

Sowani, Teacher



“Learners start their day with a smile because of phala. Therefore, I come to prepare phala for the children so that they can be happy.”

Patricia, Volunteer Cook



“Phala helps me to unlock my talent. I can sing very well when I have taken phala.”

Noel, age 10



“Mary’s Meals helped me to do well in class. It also gives me a lot of energy.”

Chisomo, age 13



Namwiri Primary School

Sponsor
A School



Namwiri Primary School



Namwiri Primary School

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



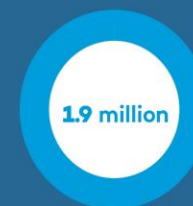
- The Mary's Meals school feeding programme provides a much needed safety net for families who worry about how to feed their children.
- The vast scale of poverty and continued food insecurity faced by the people here is amplified by the adverse effects of climate change.
- Most families rely on smallholder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



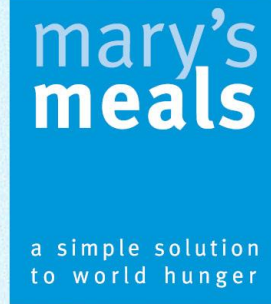
45.9% drop-out rate in primary school age children.⁵



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

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