

A group of approximately 20-25 school children, both boys and girls, are gathered in front of a light blue school building with a corrugated metal roof. Many of the children are holding up small, brightly colored plastic cups (yellow, green, blue, purple, red) in the air. They are dressed in school uniforms, including blue and white checkered dresses for girls and blue shirts or tracksuits for boys. The scene is set outdoors on a dirt path under a cloudy sky.

# SPONSOR A SCHOOL

**Mpapa Primary School, Chipangali, Zambia**

Sponsored by Family Ace.

♂ NUMBER OF BOYS: 221

♀ NUMBER OF GIRLS: 221

**TOTAL ENROLMENT: 442**

mary's  
meals

a simple solution  
to world hunger

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## A WORD FROM OUR FOUNDER

Ever since we started working with two small communities in Malawi to serve the first Mary's Meals more than two decades ago, we have known that daily meals served in a place of education can make a profound difference to children living in poverty and the opportunities they have available to them. Today, children are experiencing food insecurity and extreme hunger at even higher levels than before, and our daily meals are a lifeline to millions of children and their families.

**Thank you for making such a meaningful commitment to this vital work by sponsoring a school – your support is truly changing lives.**

Whether this is a personal gift or a group fundraising project for you, I understand that it is no small decision to dedicate yourself to the task of funding meals for every child in a school, and I want to assure you – on behalf of every child who receives these daily school meals and every person in their wider community who benefits from this work – we appreciate all that you do.

I want you to know that you are not only helping to address classroom hunger and giving children the gift of consistent, nutritious school meals, you are contributing to an improvement in their happiness and wellbeing, as well as their readiness to learn and chances of progressing through education.

Recent research collected as we introduced our programme to new schools in Zimbabwe found that: before we began serving meals, 44% of children felt worried about hunger in school, but this dropped to just 3% after the meals began. Isn't it wonderful that this work we all play a part in is not just giving children vital sustenance and the chance to learn, but it's also relieving anxieties and

giving children the chance to be children!

Please never underestimate the incredible impact your dedication and generosity are having. These meals you have pledged to help us provide are supporting children to attend school and helping to transform the whole community. Thank you for all that you do.

**MAGNUS MACFARLANE-BARROW**

Founder and CEO

Mary's Meals International



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# ABOUT THE SCHOOL

At Mary's Meals, we believe in the power of a meal. Our 20 years of experience has shown us that a daily school meal has hugely positive immediate and long-term improvements to a child's life. We are helping break the cycle of poverty by ensuring the children gain an education, setting them up for a brighter future with better employment prospects.

- ▶ We serve those suffering most acutely the effects of hunger, those who are most likely to miss school because of hunger, and those who are marginalised and neglected
- ▶ Our programmes are owned and run by local communities and thousands of volunteers who share our vision
- ▶ Mary's Meals is conscious of the need to minimise the environmental impact of our activities. We strive to prevent, reduce and control the risk of environmental harm in all of our programmes
- ▶ We keep our running costs low to allow us to reach as many children as possible. We are committed to minimizing our environmental impact and promoting sustainability in our programmes
- ▶ We make a long-term commitment to the communities we support because we recognise that the benefits of education can take a long time to materialise



FACT FILE

**ZAMBIA**

**We are currently feeding more than 400,000 children in Zambia.**  
**A typical school meal consists of a corn and soya porridge that is fortified with essential vitamins and minerals.**

This year, we are celebrating 10 years of Mary's Meals feeding children in Zambia!

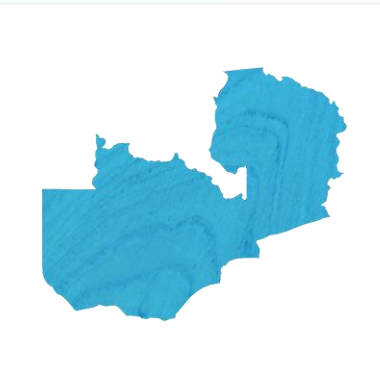
Our school feeding programme operates in 11 districts in the Eastern Province, and we are the main provider of school meals in all areas where we work.

Food insecurity is very high across the country because of the vulnerability of smallholder farmers to unpredictable weather and natural disasters over the past decade.

For families who don't have enough food to eat at home, attending school often cannot be

a priority. Although school enrolment levels are high because of the country's free education policy, almost half a million primary school-age children remain out of school.

In recent years, we have more than doubled the size of our programme in Zambia. We deliver a consistent and efficient programme and work closely with communities, supporters, the Zambian Ministry of Education and other key stakeholders to keep our promise to the children who receive Mary's Meals.



- ▶ In Zambia, 34.6% of children under five have stunted growth.
- ▶ Around 61.35 % of the population lives below the international poverty line of \$2.15 USD a day.

**Left**  
A volunteer prepare the corn and soya porridge.

**Right**  
A map of Zambia, where we serve meals in 11 districts across the Eastern Province.



**“I come from Mchenga village, and we cook according to villages. We have shared days in a week and there are 12 villages. I have two children at this school who are doing pre-grade and grade 1. It gives me much joy when I see them happy.”**

Charity, Coordinator

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**TESTIMONIAL**

**“I am one of the beneficiaries of porridge which we have every day at this school, and I am glad to be part of the learners eating this porridge. It really makes me stand with strength throughout my learning. It makes me think properly and stay focused. This programme found me here and I was doing grade two at the time.”**

Alick, Student



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**TESTIMONIAL**

**“I admire nurses, and I want to be a nurse one day in my lifetime. I am doing grade 7 at this school and I eat the porridge which is given at this school. I enjoy it very much and it tastes very nice. It makes me concentrate in class and I pay attention to the teachings in class. It makes me think properly. I stay with both parents who are farmers and there are five of us at this school who are all feeding.”**

Jenala, Student



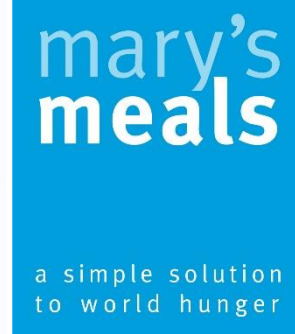


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**TESTIMONIAL**

**“The School Feeding Programme has really helped us a lot and I have seen the difference from the time when it all started in 2015 until now. We had few learners at the time of inception of the programme. Since its coming, the enrolment has steadily been increasing and the performance too. It has also reduced absenteeism and generally, the School Feeding Programme has a big impact on the school. Those who dropped out have come back and those who used to dodge have stopped”.**

Lillian Lunga, Headteacher





**THANK YOU!**

[marysmeals.org](https://marysmeals.org)



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