

SPONSOR A SCHOOL

NAME OF SCHOOL, Kamwaza Comm Primary School, Sinda District, Eastern Provence, Zambia
SPONSORED BY Grandmas and Grandpas, Czech Republic

♂ **NUMBER OF BOYS:** 117

♀ **NUMBER OF GIRLS:** 187

TOTAL ENROLEMENT: 304

mary's
meals

a simple solution
to world hunger

SPONSOR A SCHOOL

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



Kamwaza Comm school kitchen

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!

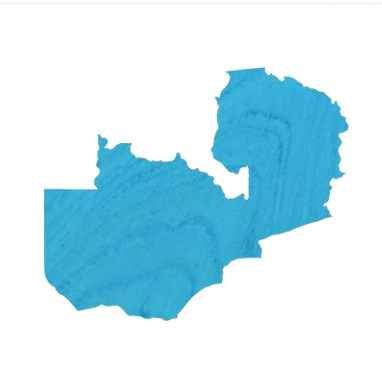
Our school feeding programme operates in 11 districts in the Eastern Province, and we are the main provider of school meals in all areas where we work.

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.

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



“I only have once child that comes to this school. This programme is helping the children a lot. When they break off from the lessons, they have some porridge to eat. I hope the programme continues so that the children can be educated. I never entered a classroom due to family financial challenges, but I know that education opens one’s mind to possibilities and that is why I want my child to be educated. I am grateful for the programme, and I hope it continues.”

Lasiwe, volunteer, Zambia

SPONSOR A SCHOOL
TESTIMONIAL

“I enjoy being in school because of the lessons. I also enjoy playing football and netball. I wish to be educated, I hope to become a teacher. I admire my deputy headteacher. I love how he teaches us and shows us new things. That inspired me to become a teacher. I do not carry any food to school. At breaktime, me and I along with the other learners enjoy a cup of porridge at breaktime. I like the porridge, its sweet and tasty. When I eat the porridge, I feel happy, and the lessons are enjoyable.”

Address
student



Address

SPONSOR A SCHOOL
TESTIMONIAL

“It takes me about 30 minutes to walk to school. When I get hungry, I do not feel good. I become weak. When I am full, I become happy. The porridge served in school helps me not to stay hungry. At times food isn’t prepared on time at home, I do not worry because I would have already eaten something at school. The best thing about being in school are the lessons. My wish is to complete my education, own a house or car and achieve my dream of becoming a teacher. When I am home, I help my parents with field work – we planted some sunflower and maize. If the Mary’s Meals school feeding programme ended, I would be sad. Without the porridge, we will have to be staying hungry.”

Geofry
student



Geofry

SPONSOR A SCHOOL
TESTIMONIAL



“In times of grappling hunger in the villages, for most of the learners when they feed here, that becomes their only meal. The school feeding programme is helping in many ways. It has helped us retain the learners, reduce absenteeism, increase enrolment because the learners know that there is food in school. Enrolling learners is no longer difficult. They know there is food. It becomes a great rush for school spaces especially for Early Child Education. Performance at Grade 7 level has also improved with a 90 percent pass rate. I am glad this programme is at this school.”

Head Teacher
Eric Banda



CERTIFICATE OF APPRECIATION

With special thanks to
**Mary's Meals Czech Republic,
Czech Republic**
For sponsoring feeding at
KAMWAZA PRIMARY SCHOOL

Mary's Meals is a global movement of people from all walks of life, united by the belief that no child should endure a day without a meal. We work alongside some of the world's poorest communities to set up school feeding programmes in places where poverty and hunger often prevent children from getting an education.

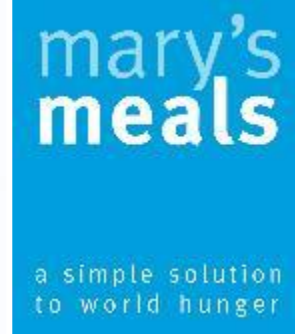
THANK YOU FOR ALL THAT YOU DO!

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Mary's Meals
Executive Director
Elizabeth and CEO
Mary's Meals International

Mary's
meals





THANK YOU!

marysmeals.org



Mary's Meals International,

Units 10-13, Claremont Centre, 39 Durham Street, Glasgow, Scotland, UK, G41 1BS.

E: hello@marysmeals.org

Registered office: Craig Lodge, Dalmally, Argyll, Scotland, UK, PA33 1AR.
Registered charity: SC045223. Limited company: SC488380.