



SPONSOR A SCHOOL

Madugu Primary School, Chikhwawa, Malawi

Sponsored Dominik Vit and Czech Republic Fundraising Group

♂ NUMBER OF BOYS: 610

♀ NUMBER OF GIRLS: 603

TOTAL ENROLMENT: 1,213

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

MALAWI

We are currently feeding more than 1 million children in Malawi.
A typical school meal consists of a corn and soya blend porridge fortified with essential minerals and vitamins, known locally as “likuni phala”.

Malawi is where our school feeding programme began and where our first meals were served in 2003. We have grown from those early days, serving 200 children in two primary schools, and now reach more than 1 million children every school day.

Malawi is our largest programme and is delivered by Mary’s Meals Malawi alongside a local partner, MCSPA. The programme can reach so many children because of tens of thousands of volunteers from local communities who give their time freely to prepare and serve our nutritious meals.

Malawi has consistently high levels of food insecurity, and communities are increasingly susceptible to the effects of climate change. The majority of families rely on smallholder farming. Droughts and flooding are leaving many of them at risk.

Mary’s Meals operates in the majority of districts in Malawi and our programme is strongly supported by the Government of Malawi. Most schools receiving Mary’s Meals are in the Southern Region, but large numbers of children are also supported in the Central and Northern regions.



- ▶ In Malawi, 34.9% of children under five have stunted growth.
- ▶ A staggering 70.06% of the population live below the international poverty line of \$2.15 USD a day.

Left
Volunteers carry one of the cooking pots.

Right
A map of Malawi.



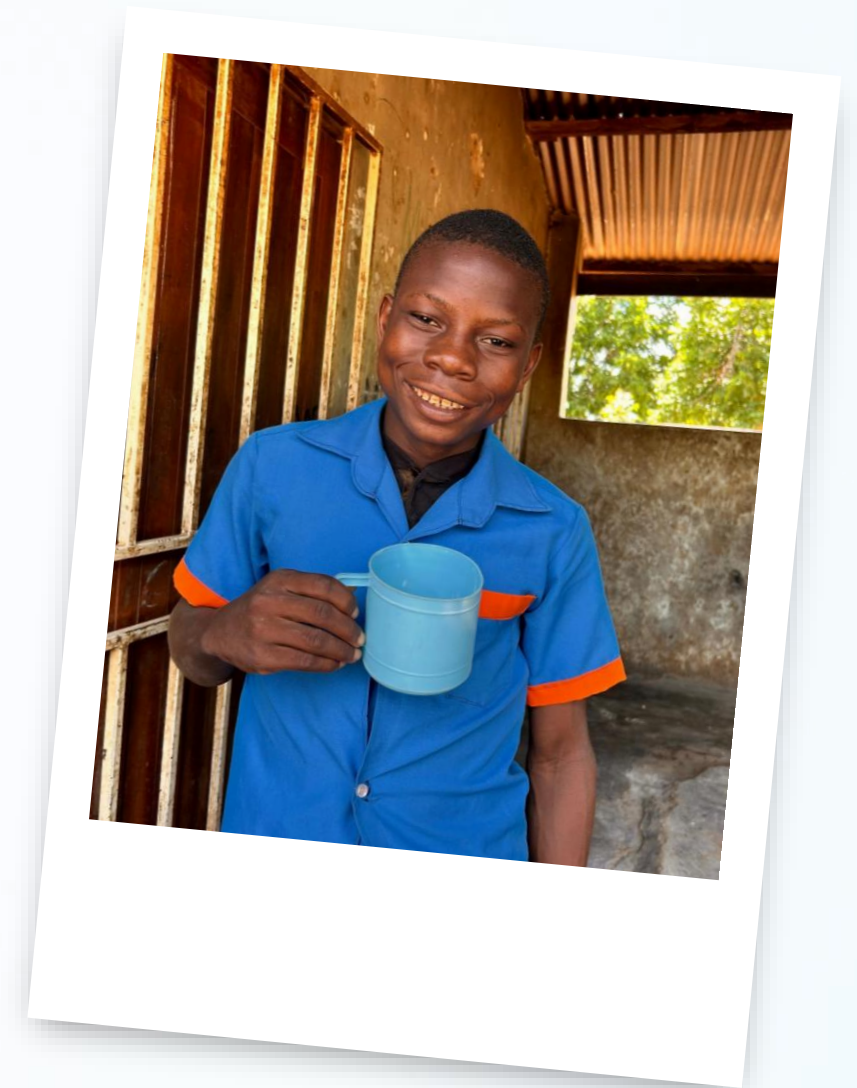
“If it wasn’t for the feeding program, the pass rate could have been low at the school. More learners would have dropped out of school and started working in the sugar fields. I would like to thank Mary’s Meals, it helps keep the children at school. If we didn’t give them phala, most children would leave at break time to go home and find food.”

Joyce , Volunteer

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TESTIMONIAL

“We don’t eat breakfast at home, so I always look forward to coming to school to eat porridge. Porridge helps me to concentrate and listen to the teacher in class. That is why I have good grades. If you are hungry, you cannot hear what the teacher is saying because you feel sick.”

Lyton, Student



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TESTIMONIAL

“I am very grateful to Mary’s Meals because they have helped me come this far with my education. When we come to school, we know that we will eat and that gives us relief, and the porridge makes us strong, even when we go home and sometimes sleep without eating in the evening.”

Mphatso, Student





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TESTIMONIAL

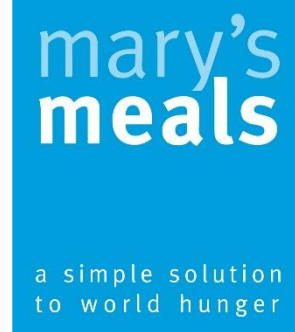
“This is the first time I am serving as a school health and nutrition teacher. I am so humbled, and I believe that the work we do is made easier by programmes like this one. On their own, communities cannot manage this, and neither can the schools. Hunger is a big problem in our rural areas, so we are thankful to Mary's Meals that these children come for the porridge, but we manage to educate them as well.”

Naomi Nguleti, Teacher



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TESTIMONIAL





THANK YOU!

marysmeals.org



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