



SPONSOR A SCHOOL

NAME OF SCHOOL, CHASAIKA COMMUNITY SCHOOL, SINDA DISTRICT, ZAMBIA
SPONSORED BY CZECH SCHOOLS, CZECH REPUBLIC

♂ NUMBER OF BOYS: 110
♀ NUMBER OF GIRLS: 195
TOTAL ENROLMENT: 305

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



CHASAIKA COMMUNITY SCHOOL

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.

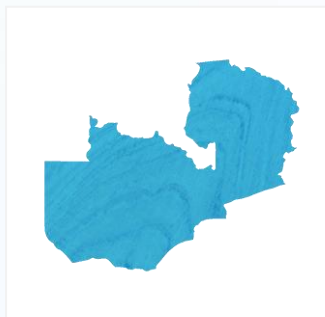
For families who don't have enough food to eat at home, attending school often cannot

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.



CHASAIKA COMMUNITY SCHOOL KITCHEN



- ▶ 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.

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TESTIMONIAL

“I am staying with my grandmother. She works hard as a farmer and also does piecework so we can manage at home. Most mornings I come to school already hungry, and it makes it hard to listen in class. But when I take the porridge, I feel my strength come back, and I can concentrate much better. Life in the village is not always easy, and sometimes it feels like nothing changes. But coming to school gives me hope. When I sit in class after eating the porridge, I feel like I can understand more, and I start to believe in myself. I want to finish school and become someone who can help my family, maybe a teacher or a doctor. I want a future where I can support my grandmother and family, and education is my chance to make that happen.”

ESTHER

Student



ESTHER

SPONSOR A SCHOOL
TESTIMONIAL

“My father is a bricklayer. He is also one of the volunteers building the school kitchen because he understands how important it is for me to have porridge. Porridge helps me concentrate, it makes me learn better and become one of the top performers. I walk nearly two kilometres every day from my home to school, and without the porridge, I would be hungry and unable to focus. My dream is to become a teacher and continue my education at Kapungwe School for Grade 8. I am very grateful for the school meals; they help me learn and stay motivated.”

HENRY
Student



HENRY

SPONSOR A SCHOOL

TESTIMONIAL

“I know that Mary’s Meals is an organisation that is helping a lot of children with food in school. The children are supported, encouraged to attend school, and able to learn more energetically. I help by ensuring there is firewood and by offloading the corn soya blend sacks when they are delivered. We are also now helping with the construction of the kitchen. In our homes, especially in February, there is a lot of hunger. Children struggle to go to school when they are hungry. However, with the programme, even when there is hunger at home, children still go to school. I have one child currently at the school, and two others who have progressed to senior grades and previously benefited from the programme. It gives me relief to know that even when I do not have food to send with them, Mary’s Meals provides a meal at school. This is an important programme, and I hope it continues. As parents, we are committed. With the new kitchen construction project, parents have come together to provide the needed materials and labour so that the programme can continue.”

CHIKWASA

Parent and volunteer at Chasaika Community School





COMMUNITY

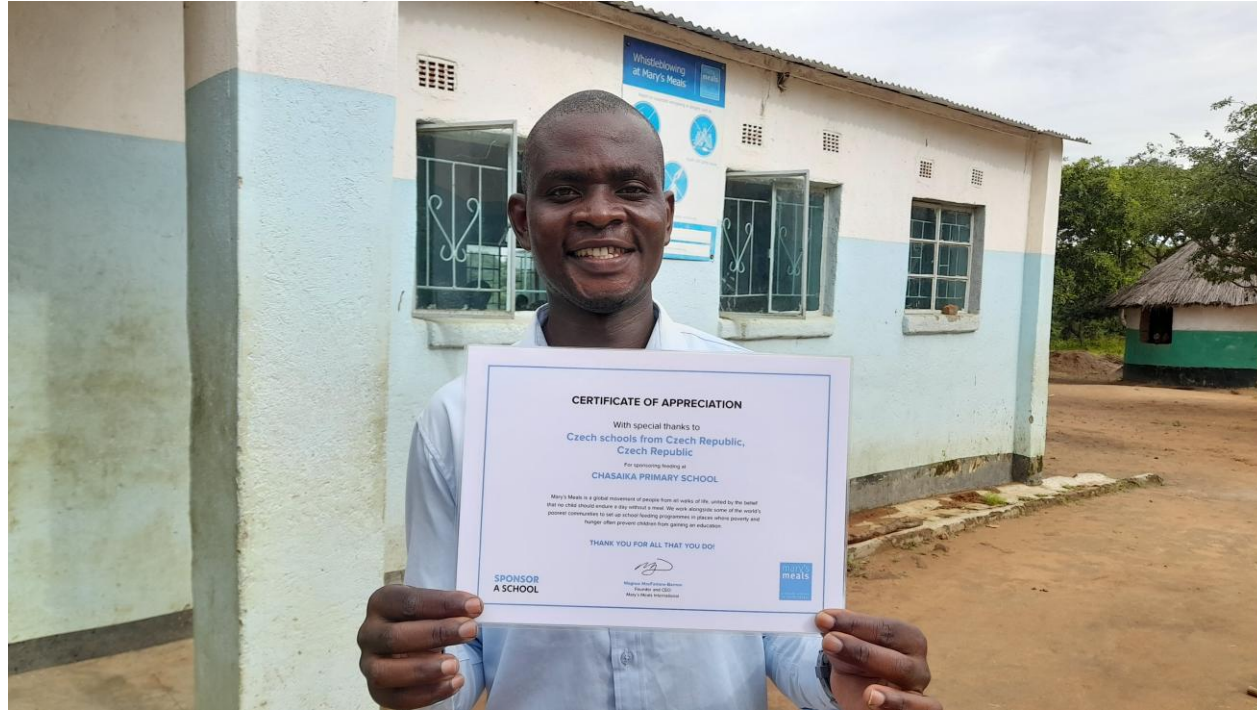
SCHOOL



SPONSOR A SCHOOL TESTIMONIAL

“Through this feeding programme, I have noticed that it attracts learners to school. Our enrolment and attendance are high. When learners have not eaten, it becomes difficult for the teacher to deliver lessons. When they are fed, they have better concentration and participation. It becomes easier to teach, and for them to understand. Attendance has also improved. Grade one learners and other lower grades are especially encouraged to attend school because of the porridge. My hope is to see them continue and progress in their education and become leaders in the community.”

EMMANUEL BANDA
Teacher



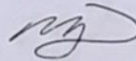
CERTIFICATE OF APPRECIATION

With special thanks to
**Czech schools from Czech Republic,
Czech Republic**

For sponsoring feeding at
CHASAIKA 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 gaining an education.

THANK YOU FOR ALL THAT YOU DO!

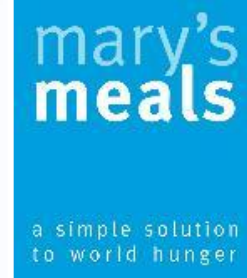


Magnus MacFarlane-Barrow
Founder and CEO
Mary's Meals International

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THANK YOU!

marysmeals.org



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