



SPONSOR A SCHOOL

NAME OF SCHOOL, Chamalaza Primary School, Mzuzu, Zambia
SPONSORED BY Grandmas and Grandpas, Czech Republic.

♂ **NUMBER OF BOYS:** 136

♀ **NUMBER OF GIRLS:** 224

TOTAL ENROLMENT: 360

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



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 12 years of Mary's Meals feeding children in Zambia!

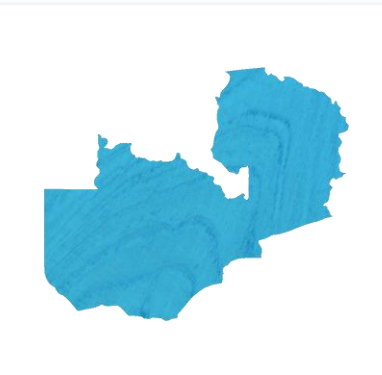
Our school feeding programme operates in 11 districts in the Eastern Province, and we are the main provider of school meals in all areas where we work.

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 prepares the corn and soya porridge.

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



“I come to help with the cooking so that the children do not stay hungry. The porridge helps the children to stay healthy and also encourages them to be in school. The porridge gives the children something to eat during the school day.”

Saraphina, Parent / Volunteer, Zambia

SPONSOR A SCHOOL
TESTIMONIAL

“My dream is to become a nurse. Once you finish school, you have a chance at a better life for yourself and even for your parents. I enjoy being in school because we have porridge to eat when we are hungry, and we learn. I also participate in sports. At home, I spend time revising what I learnt that day, and later I cook and wash the plates. The porridge helps me to learn well. Even when I come from home hungry, we are served porridge and I become energetic and enjoy the lessons.”

Agness
Student



Agness, Student

SPONSOR A SCHOOL
TESTIMONIAL

“I live near the school. I live with my parents and two of us come to this school. I like the porridge served in school. From the time I started school, I have enjoyed having the Mary’s Meals porridge. We are helped because at times we come from home without eating, and at break time we are given porridge to remove the hunger. The best things about being in school are the porridge and the lessons. I also enjoy playing different ball games with my friends. My three wishes are to be educated, have money to buy different things and achieve my dream of becoming a teacher.”

William
Student



William, Student



SPONSOR A SCHOOL
TESTIMONIAL



“This programme really helps the learners. Most of them rely on the porridge because they come to school without eating anything. If for some reason there is no porridge, a lot of them become weak, and as teachers we know that it is because of hunger. Once they eat, they become very active and participate better in class. The community appreciates the programme and participates in the preparation and serving of the porridge. We appreciate the programme and hope it does not end because it helps both the learners and the teachers. For us to be successful in our teaching and lesson delivery, we need an active class, and this programme helps us to have learners who are fed, active and attentive.”

Memory Zulu
Head Teacher



THANK YOU!

marysmeals.org



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