



SPONSOR A SCHOOL

NAME OF SCHOOL, Nasonjo Primary School, Blantyre District, Malawi
SPONSORED BY Guarantor Parish of Borovany

♂ NUMBER OF BOYS: 297

♀ NUMBER OF GIRLS: 339

TOTAL ENROLMENT: 636

mary's
meals

a simple solution
to world hunger

Feed 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 for [Our impact | Mary's Meals](#) proves that our simple approach works, and works well. The meals we serve don't just satisfy children's hunger, they help to transform their experience at school. Across our programmes in Malawi, Zambia, and Liberia, the number of children that can concentrate well in class more than doubled, with only 40% feeling able to concentrate before the meal compared to an amazing 94% after the meal was served. And teachers notice the difference, too. In the same three countries, teachers reported that while only 12% of children were focused in class before the meal, the number rose dramatically to 97% after they had eaten. Isn't it wonderful that this work we all play a part in is giving children vital sustenance and the chance to learn; a chance, also, for children 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 encouraging children to attend school, helping them learn when they get there, and having a positive effect on wider communities. Thank you for all that you do.

MAGNUS MACFARLANE-BARROW

Founder

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



Nasonjo school kitchen

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.

A map of Malawi.



“As a volunteer my duty is to make sure that learners eat every day. We come early to the kitchen to make sure that porridge is prepared and served on time. We are very grateful to Marys’ Meals for the support they are giving to our children with school feeding because as parents, we would not have been able to manage this ourselves. We are motivated to keep going and to support the programme because we want a better future for our children.”

Elizabeth, volunteer cook at Nasonjo Primary School, Malawi

SPONSOR A SCHOOL
TESTIMONIAL

“The porridge that we receive every day is a blessing for me. It is always prepared well, and it gives me strength to manage my energy through the day. When you are hungry, you cannot concentrate or have energy to learn. You only think about what you can eat. When I eat porridge, I am strong and more creative in how I tackle my schoolwork. When I grow up, I want to be a bank manager because I like to work with numbers.”

Cynthia
student



SPONSOR A SCHOOL
TESTIMONIAL

“I am very happy when I come to school to learn and eat porridge every day. Porridge helps me not to be hungry and so it helps me not to run away from school to go look for food. Porridge is good because it helps us to pass our exams so that we don’t disappoint our parents who help us.”

Isaac
student



Isaac



SPONSOR A SCHOOL
TESTIMONIAL

“We are happy with the school feeding programme because it provides the daily meals for our learners. Their consistency in feeding learners gives the school confidence that they will perform well and that they will have a different future than one they would have had without food.”

Christopher Damiano
Head Teacher







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.
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