

Sponsor A School: Lupembe Primary School, Karonga, Malawi.

Number of children in school 685 (353 Boys and 332 Girls)

School sponsored by Families from Czech Republic





“Since 2016, I have been volunteering to cook porridge and now I have more friends from other villages. I enjoy the program and will never stop cooking porridge. We all benefit from this School Feeding Program.”

Volunteer Cook - Modester





“Porridge is delicious and makes me feel strong. When there was no porridge, I didn’t concentrate well in class and I would go home at break time.”

Student - Asani

**“Before I eat Porridge,
I feel hungry, and I
have a bad time. As
soon I have eaten the
porridge it helps me
concentrate well in
class.”**

Student – Jenifer





“I noticed that Porridge has attracted more learners to come to school and they're actively participating in class soon after they've eaten porridge. This porridge is helpful to learners and even us teachers because as for teachers we can deliver our lessons without excuse from the learners.”

Headteacher – Newby
Mwamkangama



FACT FILE

MALAWI



Malawi was the first country to receive Mary's Meals. We have been serving children here since **2002** in close collaboration with the **Government of Malawi**. We have also joined forces with local partner **MCSPA** to deliver in-school feeding in difficult-to-reach areas.

Mary's Meals operates in most regions of Malawi and our programme feeds almost one third of all primary school-age children in the country.



We are currently feeding **1,043,455** children.



We feed in a total of **1,011** primary schools and Early Childhood Development Centres across Malawi.



A typical school meal consists of **maize or soya porridge** boosted with minerals and vitamins, known locally as '**likuni phala**'.

Continent	Capital	Population
Africa	Lilongwe	19,129,955 (2020) ¹
HDI Rank	Life expectancy	Currency
174 of 189 ²	64.2 ³	Malawian Kwacha
Main exports	Language(s)	
Tobacco, cane and beet sugar and tea	Chichewa is the primary language. English is also taught in all schools	

Sources: ¹ Worldbank.org | ² Human Development Reports | ³ Life Expectancy in Malawi



- The Mary's Meals school feeding programme provides a much needed safety net for families who worry about how to feed their children.
- The vast scale of poverty and continued food insecurity faced by the people here is amplified by the adverse effects of climate change.
- Most families rely on smallholder farming to live, but this has become increasingly unstable as rising numbers of droughts and floods leave limited capacity for recovery and food production.



70.3% of the population live below the International Poverty Line of **\$1.90 USD** per day.⁴

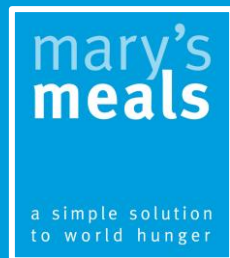


45.9% drop-out rate in primary school age children.⁵



Around **1.9 million** people have insufficient food intake.⁶

Sources: ⁴ Human Development Reports | ⁵ Human Development Reports | ⁶ HungerMap LIVE



Thank you

for supporting Mary's Meals.

