SPONSOR A SCHOOL

NAME OF SCHOOL: Dowa-II Primary School, Dowa, Malawi

SPONSORED BY **Soulmates from Czech Republic**

♂ NUMBER OF BOYS: 661

♀ NUMBER OF GIRLS: 630

TOTAL ENROLMENT: 1,291

mary's meals

a simple solution to world hunger

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

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.

A map of Malawi.

"I am very grateful for Mary's meals programme because of what it does for me and my children. As a single mother taking care of my children and being a guardian for my nieces and nephews who are orphaned, I cannot manage to feed all of them on my own. I rely on porridge here at school to help sustain the children. They always make sure they come to school early."

Leah, Volunteer, Malawi

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TESTIMONIAL

“When I eat porridge, it helps me to be full and to be comfortable in class when I am learning. I can think critically because the nutritious porridge makes me strong.”

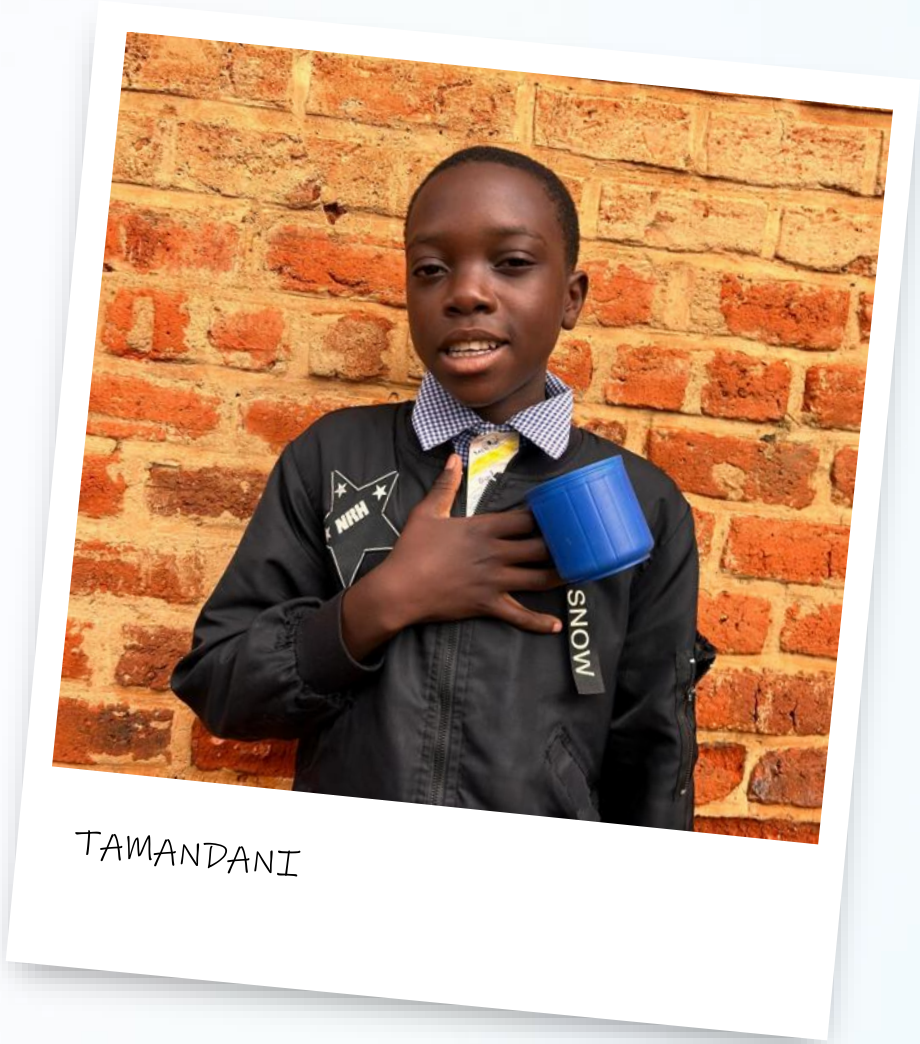
Flora
14, student

SPONSOR A SCHOOL

TESTIMONIAL

“Porridge makes us strong so that we can learn without any problems. If we didn’t eat, we would only be thinking about food, so I am so happy that we eat. The porridge also helps my grandmother to save the food we would have eaten in the afternoon to be eaten in the evening.”

Tamandani
13, student



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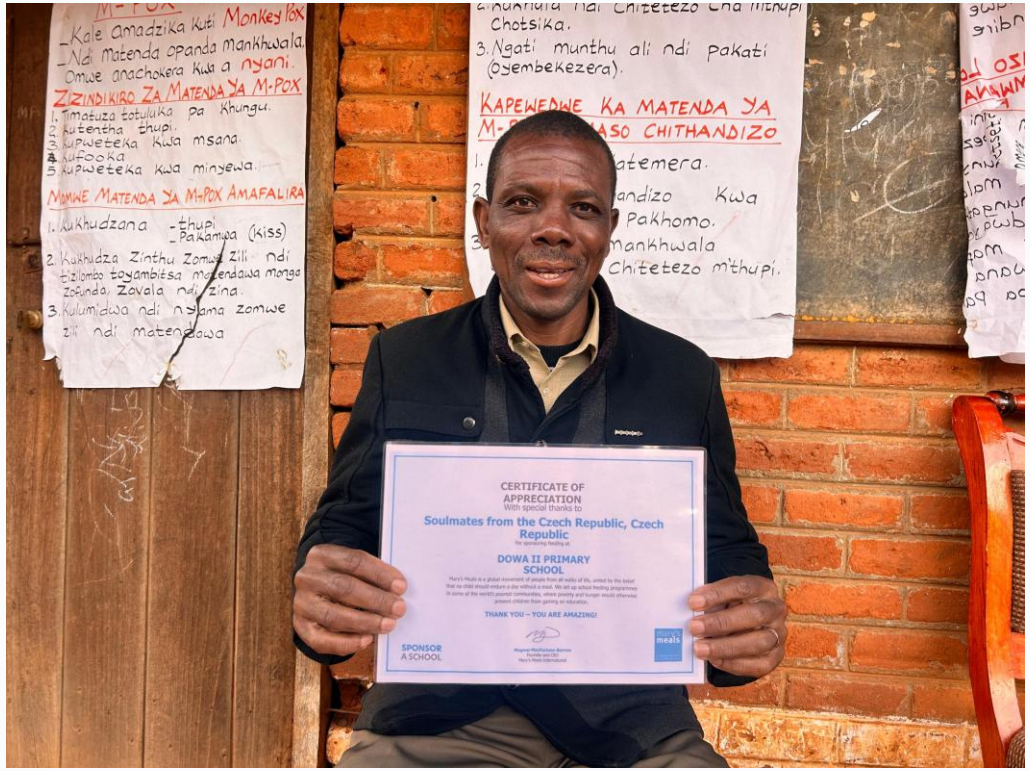
TESTIMONIAL



“The school feeding programme has improved this school. We have more children enrolled, the children come to school on time because they want to receive the porridge before class and they look much healthier now. We also noticed a difference in their performance. More children do well now in class than before and this is because they are no longer hungry.”

George Chizungule
Head Teacher

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THANK YOU!

marysmeals.org

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