SPONSOR A SCHOOL

NAME OF SCHOOL, Lupembe Primary School, Karonga District, Malawi

SPONSORED BY **Families from Czech Republic**

♂ NUMBER OF BOYS: 286

♀ NUMBER OF GIRLS: 315

TOTAL ENROLMENT: 601

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

Lupembe Primary School

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.

"My role is to come and cook porridge when it's my duty. I also make sure my other volunteers adhere to our procedures, like our personal hygiene and kitchen hygiene when cooking. My fellow volunteers, I can describe them as hardworking women who know the reason why we're here cooking for the children every day."

Christina, volunteer cook at Lupmbee Primary School, Malawi

SPONSOR A SCHOOL

TESTIMONIAL

“I would like to say to my fellow learners that we should continue attending school, and also we should be thankful to Mary’s Meals for the work that they are doing for us by providing porridge to us every day.”

Tawonga
student

SPONSOR A SCHOOL

TESTIMONIAL

“I wish to finish school and pass with good grades because I wish to be selected to a secondary government primary school, which will be a boarding school. As soon as I am done with my secondary, I would also wish for a good university because I want to study to become a doctor.”

Jonathan
student

SPONSOR A SCHOOL

TESTIMONIAL

“I would like to say a very big thank you to our donors for donating to our school here. It encourages learners to attend school every day.”

Deputy Head Teacher
Billy Bwinga

CERTIFICATE OF APPRECIATION

With special thanks to

Families from Czech Republic

For sponsoring feeding at

LUPEMBE 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 set up school feeding programmes in some of the world's poorest communities, where poverty and hunger would otherwise prevent children from gaining an education.

THANK YOU – YOU ARE AMAZING!

SPONSOR
A SCHOOL

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

mary's meals
a simple solution to world hunger

mary's meals

a simple solution to world hunger

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.
Registered charity: SC045223. Limited company: SC488380.