SPONSOR A SCHOOL

NAME OF SCHOOL, Lupembe Primary School, Karonga, Malawi

SPONSORED BY **Families from Czech Republic**

♂ NUMBER OF BOYS: 312

♀ NUMBER OF GIRLS: 290

TOTAL ENROLMENT: 602

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.

"The best part of being a volunteer cook for Mary's Meals is working together with others to prepare porridge for our children. We work like one family with the same goal of making sure learners stay in school, learn well, and build a better future".

Catherine, Volunteer, Malawi

SPONSOR A SCHOOL

TESTIMONIAL

“My dream is to continue to secondary school and study agriculture because I dream of becoming a farmer. The school feeding programme gives me energy to concentrate in class every day. I work hard in school because I want to achieve my dream”.

Kelvin
Student

Kelvin, Student

SPONSOR A SCHOOL

TESTIMONIAL

“Every morning I help my mother with household chores before coming to school. When I arrive, I eat porridge, which gives me the energy to pay attention in class and learn throughout the day”.

Thandizo
Student

Lucia, Student

SPONSOR A SCHOOL

TESTIMONIAL

“The school feeding programme has improved learner attendance because children now come to school every day and on time. Enrolment has also increased as more parents are sending their children to school. This has made teaching easier because lessons start as planned and learners are ready to learn. We are very grateful to Mary’s Meals supporters for making this possible”.

Newby Mwankangama
Teacher

THANK YOU!

marysmeals.org

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