



Sponsor A School: Matope MZU, Mzuzu, Malawi

Number of children in school 925 (448 Boys and 477 Girls)

School sponsored by MM Czech Republic.





“I volunteer with May’s Meals because the programme helps our children to come to school without complaining about hunger and they are also performing well in class.

I like serving porridge since this is the time I interact with learners from different families, and I feel good to see them eating the food I have prepared”.

Volunteer Cook - Staphel





“The best thing about coming to school is that I eat porridge. The porridge is very yummy, and I do not feel hungry during lessons.”

Student – Mary



“Mary’s Meals enables me to study and learn better since sometimes I come to school on an empty stomach without eating anything from my home.”

Student - George



“Mary’s Meals porridge has made learners’ concentration and participation in class improve positively thereby enabling learners to progress from one class to another and pass with flying colours during examinations.”

Teacher – Teleza Simfukwe





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.



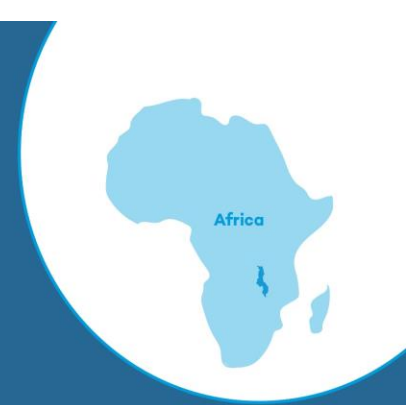
We feed in a total of **1,011** primary schools and Early Childhood Development Centres across Malawi.



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.

