



Sponsor A School

Kamwaza Comm School

Sinda, Eastern Province, Zambia

Number of children in school 304

(117 boys and 187 girls)

**School sponsored by
Mary's Meals Czech Republic**





Kamwaza Comm School, Sinda, Eastern Province, Zambia



Volunteer Cook - Kamwaza Comm School, Sinda, Eastern Province, Zambia

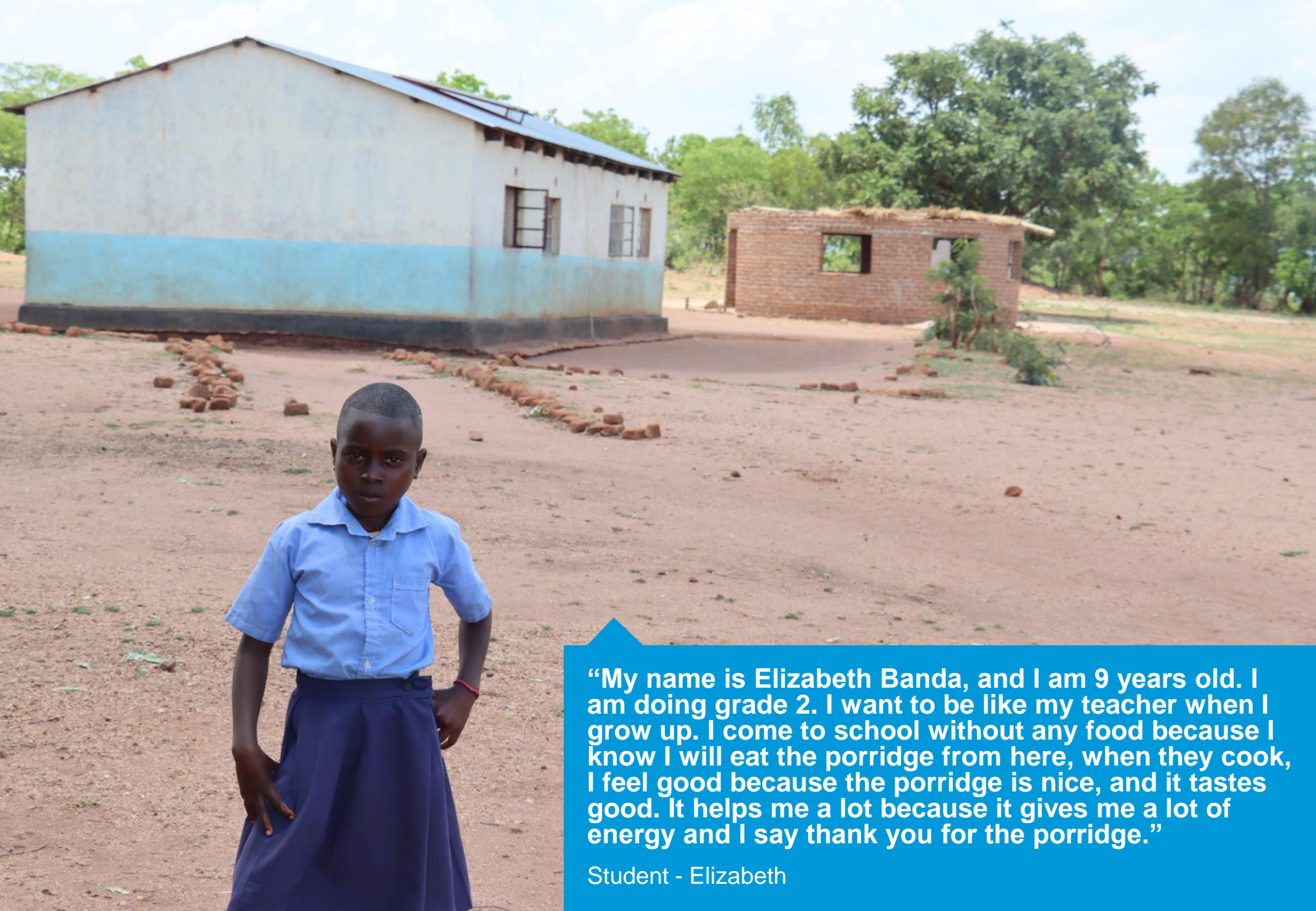


Volunteer Cook



“I am Mabvuto. I started eating porridge when I just started school in grade 1 and have been eating since then. It tastes nice and I enjoy my cup of porridge. It gives me energy and vitamins which make me sharp in class and I concentrate more. We are 26 in class and I passed number one. I know with this support in form of the porridge, I will be the teacher I want be when I grow up. Thank you for the porridge.”

Student - Mabvuto



“My name is Elizabeth Banda, and I am 9 years old. I am doing grade 2. I want to be like my teacher when I grow up. I come to school without any food because I know I will eat the porridge from here, when they cook, I feel good because the porridge is nice, and it tastes good. It helps me a lot because it gives me a lot of energy and I say thank you for the porridge.”

Student - Elizabeth



Kamwaza Comm School, Sinda, Eastern Province, Zambia



“I came here on 2nd October 2021. From what I have seen, the Programme has a lot of advantages. It has made us improve academically as learners’ concentration levels have gone up. The attendance is good. Children come because there is hunger in these villages you see. We also have a lot of support from the Community who are even trying to put up a small kitchen. They are moulding bricks and mobilising sand as well as fetching firewood and cooking for the learners. The partnership has become extremely important, and we are using the same data from Mary’s Meals Big book to send to the Ministry of Education when they need information. This is a very good program, and we are benefiting from it as a school.”

Teacher - Erick Banda



Kamwaza Comm School, Sinda, Eastern Province, Zambia

FACT FILE ZAMBIA



Mary's Meals first began serving nutritious meals to children in Zambia in **2014**. Our school feeding programmes extend across ten districts in the Eastern province of the country: Chadiza, Chasefu, Chipangali, Chipata, Kasenengwa, Katete, Lumezi, Lundazi, Mambwe, and Vubwi. Working in close collaboration with the **Zambian Ministry of Education** and other key stakeholders, we deliver consistent and efficient school feeding through our experienced team, based in Chipata.



We are currently feeding **335,143** children in **668** schools across the country.



We feed children between the ages of **4** and **18**.



The typical school meal we serve is a **maize and soya porridge** which is boosted with vitamins and minerals.

Continent	Capital	Population
Africa	Lusaka	18,383,956 ¹
HDI Rank	Life expectancy	Currency
146 of 189 ²	62 ³	Kwacha
Main exports	Language(s)	
Copper, cobalt, cotton, tobacco and flowers	Over 70, including Bemba and Nyanja with English being the official language for business and the standard in schools	

Sources: ¹ Zambia Population 2021 | ² ZMB.pdf | ³ Life Expectancy in Zambia

Where we feed



Eastern Province



- Zambia has a mostly humid, sub-tropical climate with an average rainfall of 34 inches during rainy season (December- March).⁴
- It is mostly high, flat terrain with a few hills and mountains. Zambia is home to several large lakes, 20 national parks and 34 game management areas.
- Less than 5% of the land is suitable for farming crops.



An estimated **14%** of people in Zambia have insufficient food intake.⁵

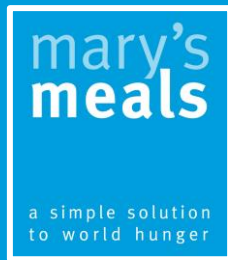


There is a **45%** drop-out rate in primary schools within Zambia.⁶



57.5% of people in Zambia live below the poverty line of **\$1.90** USD per day.⁷

Sources: ⁴ Country Reports Zambia geography | ⁵ HungerMap LIVE | ⁶ Human Development Reports



Thank you

for supporting Mary's Meals.

