



mary's
meals

a simple solution
to world hunger

Sponsor A School: Nambo Primary School, Mzuzu, Zambia.

Number of children in school 1,083 (523 Boys and 560 Girls)

School sponsored by Donors of the Czech Republic.

“By cooking porridge, we are caring for our children and ensuring they learn without hunger. Being involved in the porridge program has given me a sense of pride and community responsibility.”

Volunteer - Dorah





Mary's Meals Centre - Njambo
Donated from The Czech Republic



“I encourage my classmates and all learners who receive Mary’s Meals to continue eating the meals served because they are packed with nutrients important for our growth and health as students.”

Student – Cliff



“My friends say I am helpful because I enjoy assisting them with their homework. I feel happy when I can support them in their learning.”

Student – Tamie

Mary's Meals Centre - Nambo

Funded by:

Donars From The Czech Republic

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“Since the introduction of Mary’s Meals porridge, our school has seen a significant increase in enrolment. Learners are healthier, happier, more engaged during lessons and active during extra-curricular activities like sports and school chores.”

Deputy Headteacher – Jane Mwafulirwa

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

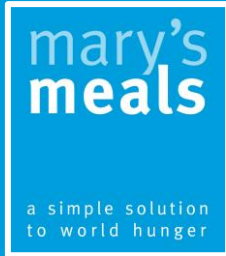


There is a **45%** drop-out rate in primary schools within Zambia.⁶



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.

