



mary's
meals

a simple solution
to world hunger

Sponsor A School: Namwiri Primary School, Blantyre, Malawi.

Number of children in school 936 (467 Boys and 469 Girls)

School sponsored by Czech Republic Fundraising Group.



“The desire is to encourage our children to come to school and focus on education. When I was a child there was no food at School, we could only bring fried maize from home to School but now learners are having porridge at School.”

Volunteer Cook - Eliza





“I am a well-behaved boy in school, and I love coming to school every day. After classes, I like to go and play football with my friends.”

Student - Precious



“I feel stomachache and weakness when I come to school on an empty stomach. After eating porridge, I feel more energetic, and I am a happy person which helps me to be attentive in class. When I grow up, I want to be a nurse so I can help people not be sick.

Student - Rabecca





“When they eat porridge, the learners are active and able to participate in class, with no excuses such as sickness or headaches. We are very happy with the school feeding program and we are very grateful to Mary’s Meals for their continued support.”

**Headteacher – Aurelius
Katenga**

Namwiri Primary School
“School feeding is sponsored here
thanks to generous donors from
Mary’s Meals Czech Republic;
Friends from Czech Republic.”

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.

