

Nthola Primary School

Karonga, Malawi

Number of students: 738 – boys 381 and girls 357

Sponsored by: Beachborough School, Mary's Meals UK



“I just pray that Mary’s Meals should continue the feeding program to reduce drop out and increase enrolment and attendance so that learners excel in their education and the community participation brings togetherness and having one mission of cooking and serving phala at school through community meetings from different village headmen surrounding school.”

Teacher - Kettie Nyasulu, age 56



“I come to cook phala and learners become energetic therefore their lessons go well in class”. During our time there was no phala at school which promoted school drop out to poor families but now every day enrolment increases because of feeding program”

Volunteer cook – Mwanaisha, age 45



“When I haven’t eaten phala I feel sorry for myself, my participation in class is affected due to hunger but after taking phala I become active in class and never absent from school”.

Student – Innocent, age 12



“When I haven’t eaten phala, I feel hungry and weak hence no active participation in class. Once I eat phala I become more attentive in class and pass good position”.

Student – Mirrium, age 13

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Nthola Primary School, Karonga, Malawi

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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 **MCSA** 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



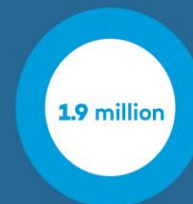
- The Mary's Meals school feeding programme provides a much needed safety net for families who worry about how to feed their children.
- The vast scale of poverty and continued food insecurity faced by the people here is amplified by the adverse effects of climate change.
- Most families rely on smallholder 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



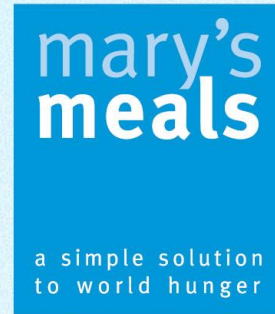
45.9% drop-out rate in primary school age children.⁵



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 your support!



marysmeals.org

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