



Sponsor A School: NThola Primary School, Karonga, Malawi.

Number of children in school 798 (418 Boys and 380 Girls)

School sponsored by Beachborough School.



“I volunteer to cook porridge to thank you for the good job. Mary’s Meals started here at our school, and our children are no longer giving us headaches asking for food for school, because of this porridge they eat and concentrate on their studies.”

**Volunteer Cook –
Christina**



MARY'S MEALS CENTRE-- NTHOLA
Conemur Tenues Grandia
Though we are small we do great things



“The best thing about coming to school is that I like porridge because it is delicious. After all, I don’t have breakfast at home. When I am here, I can learn without any hunger worries.”

Student - Precious



“My wish is to finish my primary school here and proceed to my secondary level. I hope I get selected to attend the National University where I will go and pursue my nursing and start assisting those who are sick.”

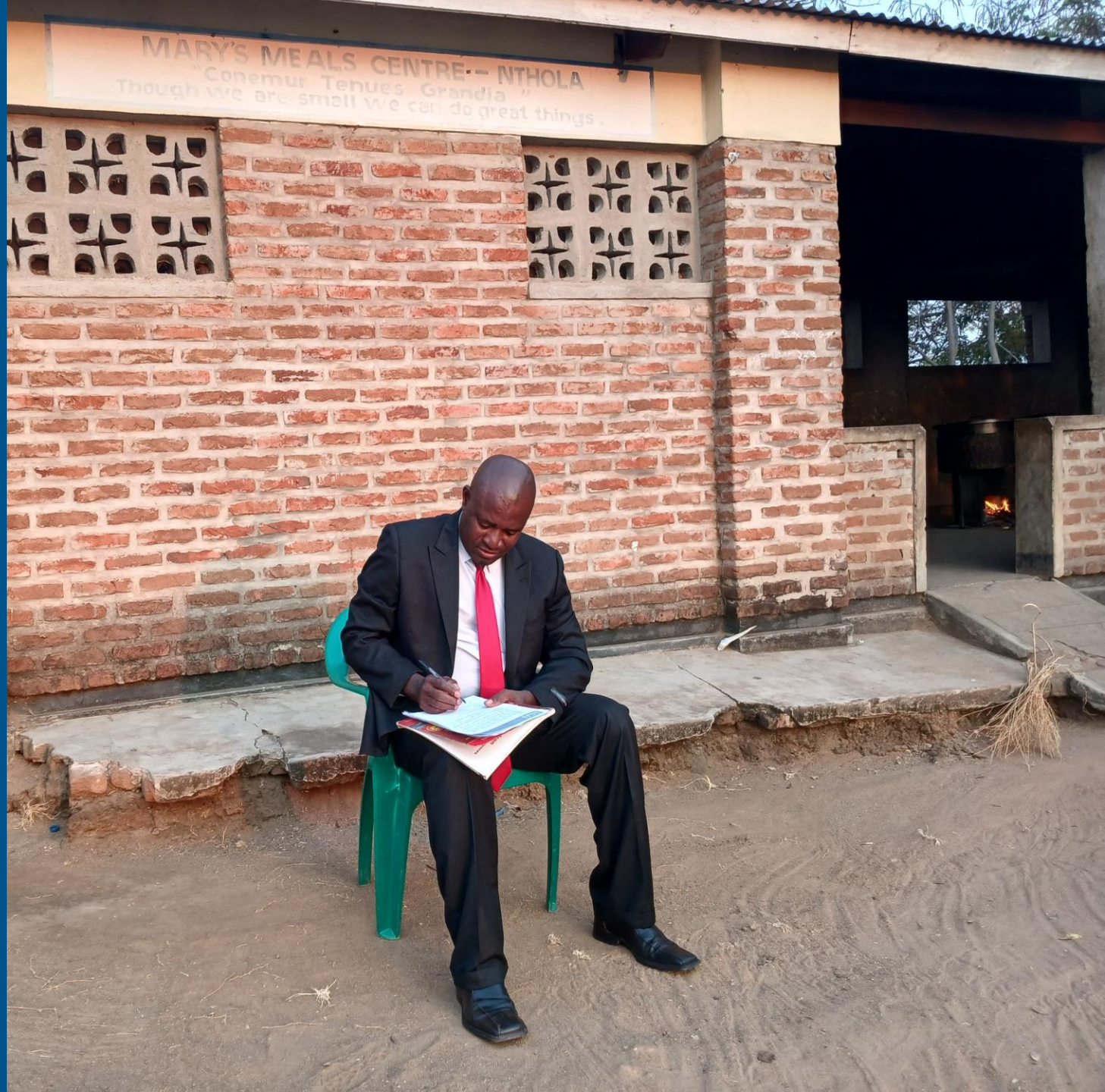
Student - Glory

Nthola Primary School and Community
Provide Mary's Meals to the children here
thanks to the generous support of
Beachborough School,
Brackley, England



“The impact porridge has here at NThola school is that it helps the learners to be active in class, participate and concentrate well in class.”

**Head Teacher –
Fredrick Chivumbo**



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.

