



**mary's
meals**

a simple solution
to world hunger

**Sponsor
A School**

Chizungulire Primary School

Chiradzulu, Malawi

601 Pupils – 297 Boys and 304 Girls

**Sponsored by St John XXIII Church,
Mary's Meals USA**



“Our community has benefited a lot from the school feeding programme. I sincerely thank the donors for their generous support.”

Teacher - Elizabeth



“Mary’s Meals built us the school kitchen. The infrastructure plays a big role at this school. In addition, the kitchen contributes to the beauty of the area and is also used as a class soon after serving.”

Volunteer - Esther



“Mary’s Meals helped me to do well in class. It also gives me a lot of energy.”

Hazel, age: 6



“If it was not phala, I wouldn’t be interested in school. Now I can maximize my potential to do well in class because of phala.”

Misheck, age: 12



Chizungulire Primary School



Chizungulire Primary School

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!

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marysmeals.org

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