

The logo for Mary's Meals, featuring the text "mary's meals" in a white, lowercase, sans-serif font inside a white square border.

a simple solution
to world hunger

Sponsor A School

Mpangiseni Primary School

Dowa, Malawi

Number of children in school 513

(254 boys and 259 girls)

School sponsored by
St Michael's RC Parish,
Linlithgow





Mpangiseni Primary School, Dowa, Malawi

**Mpangiseni Primary School and Community
provide Mary's Meals to the children here
thanks to the generous support of
St Michael's R.C. Church Linlithgow, Scotland**



“I have been preparing and serving porridge for many years. I do this voluntary work happily because I love education. I want the children to be attending classes while they have eaten and they have energy.”

Volunteer cook - Malita



“Porridge makes me not feel hungry at school. Porridge gives me energy to do my studies. My message to my fellow learners eating Mary’s Meals Porridge is that they should practice hygiene and clean their mugs always so that they get most from the porridge.”

Student – Lefilina, age 9

“When I finish my studies, I would like to be a pilot. I would want to visit different countries. I am good behaving and charming.”

Student – Tipilire, age 14





Mpangiseni Primary School, Dowa, Malawi

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“Porridge helps in punctuality of learners, lowers absenteeism and eventually improves performance. I would like to applaud all the sponsors in supporting school feeding as the results are so apparent.”

Head teacher - Joseph Kamdambo



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Mpangiseni Primary School, Dowa, Malawi

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.

