



Prisca, Zambia

Porridge not only encourages Prisca, 15, to attend school; the daily meal also helps her concentrate in class and gives her the fuel she needs to study after class and pass her tests.

She said: **“When I grow up, I want to become a doctor because it makes me sad every time I see sick people in my community walking long distances to access medical care. I also want to make it big in life so that I can help take care of my parents and siblings who look up to me.”**

Precious, Zambia

When Precious, 14, wakes up in the morning, she knows a hot cup of porridge will be waiting for her at school. She dreams of becoming a science teacher and loves reading and learning new things.

Gaining an education has not only benefitted Precious, but it has also aided her mother and father, as she is able to read letters they receive.

She said: **“May God continue blessing the sponsors who are making it possible for every student at Nyauzi Primary School to have a hot cup of porridge every school day.”**





Vivian, Kenya

Vivian, 13, lives at Our Lady of Hope Home in Kenya, a children's home run by Catholic nuns who are nurturing her love of sport.

She can't afford running shoes, so she trains barefoot. **"It has given me strong feet,"** she says. **"I run every day after school, just for practice."**

The filling and nutritious meals that Vivian receives at her school, Racecourse Primary, gives her the strength to stay on top of her studies and her gruelling training regime.

"I like running, but I want to be a doctor. Running can help me get money to train as a doctor."

Kenya

Mary's Meals implements its school feeding program based in and around the city of Eldoret and Kisii county. In Turkana, our feeding program is delivered by both Mary's Meals Kenya and our long-standing partner, Caritas Lodwar.

Many of the children we support in Eldoret and Kisii county live in large urban slums and are incredibly vulnerable. In Turkana County, schools are dispersed sparsely across the region, meaning many children have no access to education.

Mary's Meals also supports pre-school children who attend the Early Childhood Development (ECD) centres co-located in every school. In both areas, Mary's Meals has made progress in reducing hunger among pre-school children across its ECD programs.





Chikondi, Malawi

Every day Chikondi, 17, arrives at school hungry.

“I only eat once a day at home, so I come to school hungry,”
he explained.

**“Phala fills my stomach, and I am able to concentrate in
class because I am not hungry anymore.”**

Chikondi wants to join the military and dreams of being
self-sufficient one day.

Vancosha, Malawi

Mary’s Meals began feeding 200 children in Malawi in 2002
as part of its first-ever school feeding program. Now our
largest program, we provide meals to more than one million
hungry children every school day across the country.
In Malawi, 39% of children under five have stunted growth.

As families struggle to find enough food to eat, survival takes
priority over attending school, and almost half (45.9%) of
primary-school-age children drop out of school early.
Eight-year-old Vancosha says the porridge from Mary’s Meals
improves her health.

She said: **“I want to be a teacher when I grow up so that I
can help the children to read and write.”**





Manu, India

Manu walks for an hour to get to school each morning – barefoot and on an empty stomach. It’s a long journey, but the promise of Mary’s Meals makes it worthwhile.

Manu is just one of more than 40,000 children across India who is finding hope in the classroom, thanks to the promise of a daily meal from Mary’s Meals.

“I don’t normally eat [breakfast],” he said. “The food here is one of the reasons that I come to school. I feel so hungry by 12 o’clock and I can’t wait for the bell to ring.”

Khushbhoo, India

Learning to speak English is a dream for Khushbhoo, aged nine. She receives Mary’s Meals at the Brothers of St Gabriel Centre and aspires to one day become a teacher.

Mary’s Meals has supported children in India since 2004. Together with our partner BREAD, we are currently feeding more than 40,000 children in 102 places of education across eight states. Malnutrition rates in India are exceptionally high, and our school feeding program provides meals for some of the poorest and most marginalized children in India, at their school or non-formal education centre.





Precious, Zambia

When Precious, 14, wakes up in the morning, she knows a hot cup of porridge will be waiting for her at school.

She dreams of becoming a science teacher and loves reading and learning new things.

Gaining an education has not only benefitted Precious, but it has also aided her mother and father, as she is able to read letters they receive.

She said: **“May God continue blessing the sponsors who are making it possible for every student at Nyauzi Primary School to have a hot cup of porridge every school day.”**

Gibson, Zambia

Through the window of Mshawa Primary School in the Kasenengwa district, a teacher would often see a small boy sitting alone, watching and waiting.

One morning Gibson, 4, woke early. He took a cup for his Mary’s Meals porridge and some books from his siblings and set off on the journey to school – a journey that could change his life. When the teacher looked out that day and asked him what he was doing there all by himself, he answered:

“I have come to start school.”

The teacher welcomed the four-year-old into class, where he eagerly found a seat and waited patiently for his meal.





Vivian, Kenya

Vivian, 13, lives at Our Lady of Hope Home in Kenya, a children's home run by Catholic nuns who are nurturing her love of sport.

She can't afford running shoes, so she trains barefoot. **"It has given me strong feet,"** she says. **"I run every day after school, just for practice."**

The filling and nutritious meals that Vivian receives at her school, Racecourse Primary, gives her the strength to stay on top of her studies and her gruelling training regime.

"I like running, but I want to be a doctor. Running can help me get money to train as a doctor."

Topos, Kenya

Mary's Meals supports pre-school children who attend the Early Childhood Development (ECD) centres and has made progress in reducing hunger among pre-school children.

Topos, 4, was under-nourished and in poor health when he started attending his nursery school in northern Kenya. At home, his family struggles to find food and Topos often goes to bed hungry.

With a walk of more than two miles to reach his Early Development Centre, Topos was not always able to attend every day. His mother was encouraged to bring him to school every day to receive Mary's Meals so his health could improve.





Chikondi, Malawi

Every day Chikondi, 17, arrives at school hungry.

“I only eat once a day at home, so I come to school hungry,”
he explained.

**“Phala fills my stomach, and I am able to concentrate in
class because I am not hungry anymore.”**

Chikondi wants to join the military and dreams of being
self-sufficient one day.

Vancosha, Malawi

Mary’s Meals began feeding 200 children in Malawi in 2002
as part of its first-ever school feeding program. Now our
largest program, we provide meals to more than one million
hungry children every school day across the country.

In Malawi, 39% of children under five have stunted growth.
As families struggle to find enough food to eat, survival takes
priority over attending school, and almost half (45.9%) of
primary-school-age children drop out of school early.

Eight-year-old Vancosha says the porridge from Mary’s Meals
improves her health.

She said: **“I want to be a teacher when I grow up so that I
can help the children to read and write.”**





Manu, India

Manu walks for an hour to get to school each morning – barefoot and on an empty stomach. It's a long journey, but the promise of Mary's Meals makes it worthwhile.

Manu is just one of more than 40,000 children across India who is finding hope in the classroom, thanks to the promise of a daily school meal.

"I don't normally eat [breakfast]," he said. "The food here is one of the reasons that I come to school. I feel so hungry by 12 o'clock and I can't wait for the bell to ring."

Khushbhoo, India

Learning to speak English is a dream for Khushbhoo, aged nine. She receives Mary's Meals at the Brothers of St Gabriel Centre and aspires to one day become a teacher.

Mary's Meals has supported children in India since 2004. Together with our partner BREAD, we are currently feeding more than 40,000 children in 102 places of education across eight states. Malnutrition rates in India are exceptionally high, and our school feeding program provides meals for some of the poorest and most marginalized children in India, at their school or non-formal education centre.

