

mary's meals

a simple solution to world hunger



Our journey





Malawi



Emma and
her family



**“I would like to have
enough food to eat and
I would like to go to
school one day.”**

Edward, Malawi



The background of the image is a solid blue color with a repeating pattern of small, stylized human figures in a lighter shade of blue. Each figure is holding hands with its neighbors, forming a continuous grid across the entire page. The figures are simple, with circular heads and rectangular bodies, representing a global community.

Today 59 million children around the world are missing school because of poverty and many others come to class too hungry to learn

Our vision is that every child receives one daily meal in their place of education and that all those who have more than they need, share with those who lack even the most basic things.





**Mary's Meals feeds children in
19 countries around the world.**

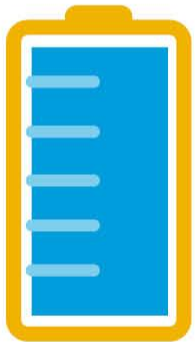
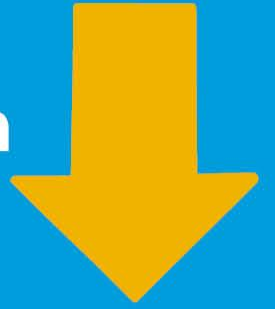




Mary's Meals:

- **Reduces hunger**
- **Improves school enrolment and attendance levels**
- **Improves attainment**
- **Increases community support for education**
- **And makes children happy!**

In Malawi, the percentage of children who said they felt hungry 'most of the time' or 'always' reduced from 42% to 1% after one year of receiving Mary's Meals.



In Zambia, 98% of children told us that they have energy after eating Mary's Meals.

In Malawi, enrolment increased by 39% in schools we surveyed in the first three years of the Mary's Meals programme.



50%
of the children
receiving Mary's
Meals are girls





Children who receive good nutrition and stimulation in their early years:

- **Are more successful at school**
- **Have higher employment rates**
- **Have better overall health**

THEORY OF CHANGE

①

Mary's Meals selects schools in areas where children are living in poverty, hunger levels are high and enrolment is low.



②

Mary's Meals provides food, cooking fuel, facilities, equipment, volunteer training and project monitoring.



③

Children eat a nutritious daily meal at school.



④

Community volunteers manage and deliver daily school feeding projects.



⑤

- Child hunger at school is reduced.
- More children access, engage in and progress within primary education.
- Child health and well-being improve.



⑥

- Community support for education increases.
- Local smallholder farmer livelihoods improve.
- Governments support and replicate effective school feeding programmes.



COVID-19 RESPONSE

Our work won't stop



**Angelina
and Mary**

“Without Mary’s Meals we could not have continued, we would have given up. Angelina and I are proud of ourselves and our achievements. We can be role models to other children.”



Mary's
meals

It costs just

£15.90

**to feed a child for
a school year!**





93%
of donations
are spent on
charitable
activities!

2 MILLION

Children



Bomi County

4 Districts





Country



Liberia

Enrolment



166



80



86

Meal



Vitamin-enriched
maize porridge /
Rice and peas

“I like Mary’s Meals because they give me food every day, and I love the corn soya best. I feel weak and hungry if I do not eat it. My favourite subject is science and I want to be a doctor so that I can help sick people.”

- Kemah Johnson, 13 years old, 5th Grade

“I volunteer because I want to help our children in the school. The food makes them feel fine and they want to come. Without food they are not encouraged.”

– Nancy Jebboh, mother of 2 and volunteer cook

“Mary’s Meals is a big benefit to the children because children come to school without having breakfast. The food is helpful to the families and has relieved the pressure on them. The food encourages them to come and it keeps them in school.”

- Musu S. Quoi, Head Teacher

Photos from your school

mary's
meals







KII class 5th period May 3, 2016

Math
Topic Take away

- ① $14 - 8 = \square$
- ② $12 - 8 = \square$
- ③ $9 - \square = 6$
- ④ $\square - \square = \square$
- ⑤ $4 - 2 = \square$









Sponsor A School Certificate of Appreciation



THANK YOU!



To **THE-ICE Accreditation**
from **Mary's Meals** and the children of
Fefeh Town Public School in Liberia
for your generosity and continued support
- we couldn't do it without you!

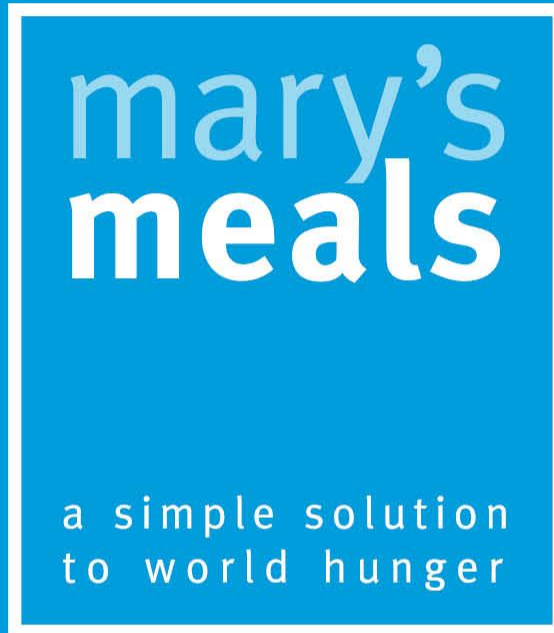


Magnus MacFarlane-Barrow
Founder of Mary's Meals



A young girl with dark skin and braided hair, adorned with blue bows, is smiling and holding a bright blue sign. The sign has the words "THANKS FOR THE FOOD." written in black, hand-drawn capital letters. She is wearing a blue shirt. The background is a white wall with green vertical stripes. In the bottom left corner, the back of another person's head is visible.

THANKS
FOR THE
FOOD.



marysmeals.org.uk