



mary's
meals

a simple solution
to world hunger

Sponsor A School: Ndundundu Primary School, Lumezi, Zambia.

Number of children in school 267 (129 Boys and 138 Girls)

School sponsored by The Parish of St John Vianney, Northwich.

“I am Eneless and I am 58 years old. I started cooking a long time ago though I can’t remember when exactly. I have been doing this consistently and now I am a supervisor. I make sure there is always food for the learners every day and I am happy to see them eating their porridge”.

Volunteer – Eneless





“My name is Christopher Chipeta, and I am 15 years old. I eat porridge, and it gives me a lot of energy. This makes me concentrate in class and I don’t miss class for whatever reason. I like the taste”.

Student - Christopher



“I am Susan Ngoma and I am a pupil here at Ndundundu Primary School. I am 10 years old, and I eat the porridge every day when I come to school. I enjoy it very much. It helps me a lot because I stay alert when I am in class. I want to be a doctor because that’s the job I want. I was number 1 in our tests last term and I want to do the same this term”.

Student - Susan





“The thought of starting this huge program was a very good one because it has done wonders to our school. We are in a community where villages are scattered but the porridge is able to draw learners to school. What a great programme the school feeding is”.

**Headteacher - Esnelly
Nkhoma**

FACT FILE ZAMBIA



Mary's Meals first began serving nutritious meals to children in Zambia in **2014**. Our school feeding programmes extend across ten districts in the Eastern province of the country: Chadiza, Chasefu, Chipangali, Chipata, Kasenengwa, Katete, Lumezi, Lundazi, Mambwe, and Vubwi. Working in close collaboration with the **Zambian Ministry of Education** and other key stakeholders, we deliver consistent and efficient school feeding through our experienced team, based in Chipata.



We are currently feeding **335,143** children in **668** schools across the country.



We feed children between the ages of **4** and **18**.



The typical school meal we serve is a **maize and soya porridge** which is boosted with vitamins and minerals.

Continent	Capital	Population
Africa	Lusaka	18,383,956 ¹
HDI Rank	Life expectancy	Currency
146 of 189 ²	62 ³	Kwacha
Main exports	Language(s)	
Copper, cobalt, cotton, tobacco and flowers	Over 70, including Bemba and Nyanja with English being the official language for business and the standard in schools	

Sources: ¹ Zambia Population 2021 | ² ZMB.pdf | ³ Life Expectancy in Zambia

Where we feed



Eastern Province



- Zambia has a mostly humid, sub-tropical climate with an average rainfall of 34 inches during rainy season (December- March).⁴
- It is mostly high, flat terrain with a few hills and mountains. Zambia is home to several large lakes, 20 national parks and 34 game management areas.
- Less than 5% of the land is suitable for farming crops.



An estimated **14%** of people in Zambia have insufficient food intake.⁵



There is a **45%** drop-out rate in primary schools within Zambia.⁶



57.5% of people in Zambia live below the poverty line of **\$1.90** USD per day.⁷

Sources: ⁴ Country Reports Zambia geography | ⁵ HungerMap LIVE | ⁶ Human Development Reports



Thank you
for supporting Mary's Meals.

