

"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".

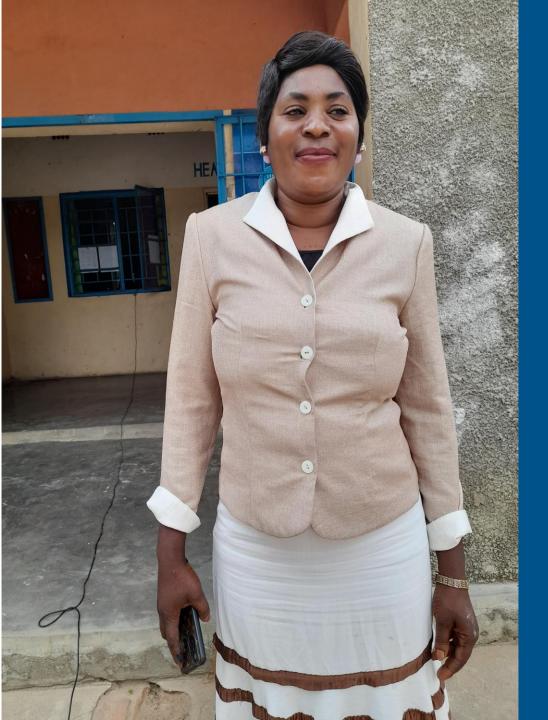
Student - Christopher



"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.

Co	Continent		ital	Population
	Africa	Lusaka		18,383,956 <sup>1</sup>
Н	DI Rank	Life expectancy		Currency
14	6 of 189 <sup>2</sup>	62 <sup>3</sup>		Kwacha
Main exports		Language(s)		
Сор	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: <sup>1</sup> Zambia Population 2021 | <sup>2</sup> ZMB.pdf | <sup>3</sup> Life Expectancy in Zambia





- Zambia has a mostly humid, sub-tropical climate with an average rainfall of 34 inches during rainy season (December- March).<sup>4</sup>
- 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.<sup>5</sup>



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



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

Sources: \* Country Reports Zambia geography | \* HungerMap LIVE | \*\* Human Development Reports



## Thank you

for supporting Mary's Meals.

