



### Precious, Zambia

Precious, 11, counts on her mug of Mary's Meal porridge to feel healthy and make the most of her studies.

"I love Mary's Meals porridge; it is very nutritious and it contains the vitamins which are needed for our brains. I now look healthier because of the nutrients which are contained in the porridge.

"When I eat Mary's Meals, it helps me to remember everything I learnt during end of term tests.

"I do not miss school because I do not want to miss out on eating porridge.

"When I finish school for the day, I like playing netball with my friends, I play in Farmers United Club.

"School is important to me because it will enable me to become a doctor in the future and help me take care of sick people from different communities.

"I thank God for the sponsors of the school feeding programme, may they continue providing porridge until I complete my education and become a doctor."



### Bukuru, Malawi

Bukuru, 15, fled from the Democratic Republic of the Congo in 2017 after his mother was shot and his father was taken by unknown people. He came to a refugee camp in Malawi with his six siblings; he is the eldest.

Bukuru and all his siblings learn at a school inside the camp, Umodzi Katubza Primary School. The United Nations High Commissioner for Refugees has assigned them a guardian who is also a refugee.

"Life has been peaceful in Malawi," he says. "The porridge we have been eating at school has been helping us have strength. We usually do not have breakfast at home, so the porridge helps us to concentrate in class and we do not have to worry about hunger. When our guardian received the take-home rations for us [during the Covid-19 pandemic], we also cooked at night when there was no food at home.

"Mary's Meals is giving us hope and enabling us to learn. If there was no porridge at school, we could have dropped out.

"I hope to have a good life by working hard in school and listening to my teachers. When I complete school, I would like to become a mechanic."



### Edna, volunteer cook, Malawi

A mother to three boys, Edna has been volunteering since Mary's Meals were introduced in Kachere Primary School in Malawi. She wanted to get involved because she knew the difference the daily serving of porridge would make to children in her community.

"Many children were not interested in school, to be in school all day without anything in their stomachs was really heart-breaking. They resorted to staying home and persistently ask their parents for food.

"For Mary's Meals to introduce porridge it was an answered prayer. I gladly volunteer to make a difference in children's lives."

Having dropped out of school herself, she understands the importance of going to school and believes that the only way her community and country can be lifted out of poverty is through the education of these children.

She says: "The porridge has of late enabled our children to concentrate and learn well in class. This gives me assurance, as a parent, that my children will be good citizens and will help in this community.

"I pray Mary's Meals continues to serve school meals so all children attend school and become educated and independent."