



### Epeot and her five children live in a village in Turkana, Northern Kenya.

Unfortunately, Epeot lives in poverty and often there isn't a lot of food available for her and her family. Epeot has lost most of her livestock in the drought, meaning she spends most of her days carrying heavy firewood for miles to sell and provide for her children.

Epeot is determined to support her children and she also digs wells to find fresh water. This can be a dangerous task and the wells don't always produce enough water for her family's needs.

She says: *"It can take me two whole days, and it is very risky because at a certain point, I have to get into the hole to keep digging."*

Epeot feels a lot of pressure as a mother, but thanks to Mary's Meals' school feeding programme, her five children receive a nutritious meal at school, which removes some of the pressures she faces.



### Anastasia is eight years old and attends Tafika Primary School in Zambia.

Like many young children her age, Anastasia loves to play with her friends and enjoys going to school to learn. However, at times it can be difficult for her as Anastasia has a health condition that has affected one side of her body.

Anastasia's grandmother, Joyce, looks after her and each day carries Anastasia on her back to school, as the uphill walk is too far for the young girl to travel by herself. Anastasia also requires lots of vitamins to strengthen her body but medication can be expensive.

However, since the introduction of Mary's Meals at school, Anastasia's health has improved, helping her body to grow stronger.

Anastasia says: *"When I take the porridge, I feel good. I feel like myself!"*

Thanks to Mary's Meals, Anastasia can attend school to continue growing and learning so that one day she can fulfil her dream of becoming a teacher.



### Sanjit lives in Dabri, a rural part of Jharkhand State, India.

The 13-year-old lives with his aunt and uncle as his father sadly passed away a couple of years ago and his mother moved to a new area to find work.

Yet despite the difficulties Sanjit has faced, he continues to stay hopeful. Part of his positivity is down to the education he is now receiving and the food he eats at school from Mary's Meals.

Sanjit tells us: *"I feel positive, like I have a brighter future."*

Often food isn't always available at home, meaning it is important that he continues to attend school to build a better future for himself.

Sanjit dreams of becoming a police officer so he can make a positive impact in his community and help others. He adds: *"I want to serve the country when I grow up!"*