



Mohamad, 12, Lebanon

Fuelling Mohamad's future

Life at home is often difficult for 12-year-old Mohamad and his family in Lebanon. With little money to buy food for the family, he sometimes arrives at school without breakfast. This leaves Mohamad feeling tired and unable to concentrate in the classroom.

But the promise of a daily meal provided by Mary's Meals through its local partner in Lebanon, Dorcas, has changed this reality.

Mohamad says:

“When I eat, I feel stronger, and when I feel stronger, I dream about my future.”

Now, Mohamad knows that when he attends school, he will eat a nutritious school meal that will help him focus and give him energy to play with his friends. *“I can be a teacher or a doctor one day. Mary's Meals gives me the strength to keep going to school and to believe in myself.”*

Mary's Meals is a source of hope for Mohamad, inspiring him to keep studying and achieve a brighter future.



Linda, 15, Zambia

Paving a new path for Linda

Linda attends Nyakutwa Primary School in Zambia's Chipata District, an area rich in natural beauty but deeply affected by poverty, climate change and food insecurity.

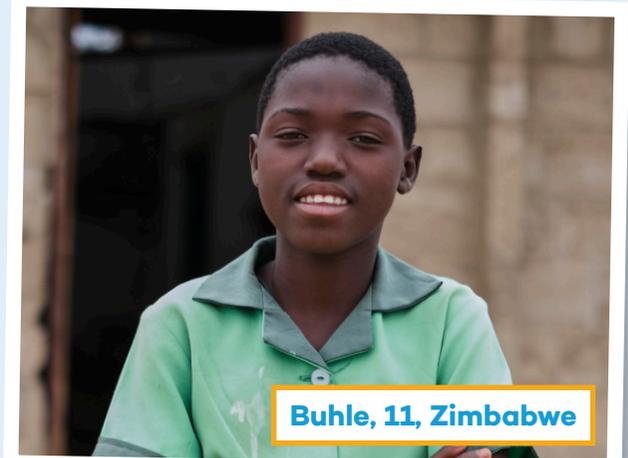
Despite her young age, Linda understands her family's struggles. *“I want to complete my education because I come from a poor home,”* she says. *“My mother goes through a hard time, especially when we lack food and things I need for school.”*

Linda says:

“When I have my cup of porridge, my energy comes back.”

Like many of her classmates, Linda often arrives at school hungry. She explains: *“Sometimes, when we finish school, there is no food at home. We have to wait until the next day to have a cup of porridge at break time.”*

For learners like Linda, Mary's Meals helps ease daily hunger and makes the chance to gain an education possible.



Buhle, 11, Zimbabwe

Helping Buhle fly high

Buhle lives in Zimbabwe and attends Ngazini Primary School. The 11-year-old has had a difficult start in life. After losing both her parents, Buhle went to live with her aunt, Girl, who cares for six children. The family struggles to find enough food and most days, the children go to school without eating.

Buhle is in grade six and walks about half an hour to school each day. She is a bright pupil who enjoys learning, playing with her friends and taking part in sports, especially netball.

Buhle says:

“[With porridge], school is do-able. I can now read and then I can pass.”

Buhle often arrives at school hungry and tired, but the Mary's Meals porridge makes a big difference. *“Because we don't get to eat at home,”* she says, *“the porridge being at school gives us the chance to concentrate. [With porridge], school is do-able. I can now read and then I can pass.”*

Buhle wants to become a pilot and visit other countries. With the help of Mary's Meals, her dreams feel closer.