



www.nourishingminds.org

Supporting communities and schools in rural villages of Ekwendeni, Malawi to provide porridge for primary school children.

**Thank you for your interest in
Nourishing Minds**



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**Changing Lives
One Cup at a Time**

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Who we are

Nourishing Minds is a non profit organization in Switzerland working in the Ekwendeni Area of Northern Malawi. Many children in Malawi walk 2 to 3 hours to school. They often arrive at school with empty tummies and return home still having had nothing to eat due to family poverty. This results in a lack of energy and difficulty concentrating and learning throughout the school day.

Our goal at Nourishing Minds is to provide all primary school children in the area with a cup of porridge each school day with the additional concept of empowering the unemployed youth within this community-based project.

Our Aims

- To reduce malnutrition amongst primary school children in the Ekwendeni catchment area in the Northern Region of Malawi
- To increase attendance and pass rates at the primary schools
- To empower the unemployed youth, in the area, by providing a focused direction and opportunities for them to be involved in a positive project in their communities
- To create a sustainable project, involving the local communities, by establishing school gardens to grow maize and soya for the porridge



What we have achieved

The project started in September 2017 with 3 pilot schools and there are now 5 schools providing porridge. Since the children have been receiving porridge enrolment has increased, absenteeism has decreased and there has been a marked increase in the pass rates at all 5 schools. This project also provides the youth with a sense of purpose whilst nourishing the tummies and the minds of the children in their communities.

In November 2018, the communities were given land, seeds and fertiliser to begin growing their own maize and soya for the porridge. Nourishing Minds will continue to supply salt, sugar, seeds and fertiliser. It is vital we work in collaboration with the youth and the communities to empower them and increase sustainability.

There are 52 primary schools in the catchment area and our goal at Nourishing Minds is to establish a cookhouse in each to provide the essential porridge for all the children attending school.

This will be achieved through membership fees, fundraising events and donations.

I am 12 years old and in Standard 7. Now that I eat porridge at school I'm learning very well and I will pass into Standard 8.
Moffat

Zombe Primary School

How can you help?

- Host a talk from us
- Host a fundraising Event
- Fund 1000 plastic cups: 280 CHF / £208
- Fund a cooking pot: 200 CHF / £193
- Fund a wooden spoon: 5 CHF / £4
- Fund a bag of maize: 17 CHF / £13
- Fund a kitchen: 2,230 CHF / £1,650
- Become a member, annual subscription 50 CHF / £40
- Make a donation

The difference you'll make is **priceless!**

