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# Post 1 copy:

Southern Africa is experiencing its worst drought in 100 years. Six countries have declared a state of emergency and an estimated 21 million children are suffering from malnutrition.

In this desperate situation, there is something we can do to help. I'm supporting the school feeding charity Mary's Meals to help them reach more children in Malawi, Mozambique, Zambia and Zimbabwe with their nutritious school meals. These meals encourage children into the classroom, giving them energy to learn and hope for a better future.

If you can, please join me and donate today. Our support can make a difference: <a href="https://bit.ly/EmergencyInSouthernAfrica">https://bit.ly/EmergencyInSouthernAfrica</a>

#EmergencyInSouthernAfrica

#### Images:

FACEBOOK DONATE IMAGE (click to open and save)

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### Post 2 copy:

Children and families in Southern Africa need our help. That's why I'm supporting the Mary's Meals Emergency in Southern Africa Appeal.

The region is facing its worst drought in 100 years. Crops have failed, cattle are dying, and food is scarce.

Mary's Meals is providing a lifeline to families in Malawi, Mozambique, Zambia and Zimbabwe with its nutritious school meals. The promise of a daily meal means they know their children will eat at school and they can stretch the little food they have at home further.

By supporting Mary's Meals, we can make a difference. Join with me in helping families to get through this devastating drought, by donating today: <a href="https://bit.ly/EmergencyInSouthernAfrica">https://bit.ly/EmergencyInSouthernAfrica</a>

#EmergencyInSouthernAfrica

### Images:

**FACEBOOK MAP QUOTE IMAGE** 

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# Post 3 copy:

Southern Africa is experiencing its worst drought in 100 years. Millions of children are facing hunger and malnutrition.

Euphrasia, from Zambia, cares for her 10 grandchildren. As crops fail and water runs dry, putting food on the table is a struggle. But there's one thing she can rely on: her grandchildren will eat a meal at school, provided by Mary's Meals.

Right now, families across Zambia, Malawi, Mozambique and Zimbabwe are facing a desperate situation. Mary's Meals offers hope, encouraging children into the classroom and giving them energy to learn.

It costs just 10p a day to feed a child with Mary's Meals. Please join me in supporting this urgent appeal. Every donation, no matter the size, truly makes a difference: <a href="https://bit.ly/EmergencyInSouthernAfrica">https://bit.ly/EmergencyInSouthernAfrica</a>

#EmergencyInSouthernAfrica

### Images:

FACEBOOK EUPHRASIA QUOTE IMAGE
INSTAGRAM EUPHRASIA QUOTE IMAGE

