



Rubina, 11, India

Rubina attends school in the Bhalswa Dairy slum, in Delhi.

Rubina was born near Kolkata, India, where her father struggled to find work, putting constant strain on the family. Of her seven siblings, only one brother attended school, but he had to drop out to support the family. Eventually, the family moved to Delhi, hoping for better job opportunities.

Rubina and her brother enrolled in a school in the Bhalswa Dairy slum after hearing that Mary's Meals is served there. The school is near a large rubbish dump, where many families work as rag pickers.

Rubina says:

“ Everything I have learned, I have learned here. ”

She enjoys school and excels in reading and writing Hindi, as well as drawing and colouring. She dreams of becoming a police officer and believes the meals help her focus. She says: *“When we eat, the brain works well.”*

Fuelled by Mary's Meals, Rubina is determined to make a change in her family and create a brighter future.



Gabriel, 14, Zambia

Gabriel, from Zambia, loves to play football.

Gabriel, aged 14, is a student at Chimulambe Primary School located in a rural part of Mambwe District, Zambia. He loves football and can often be found practising his skills on the school's makeshift football pitch at breaktime, after his Mary's Meals porridge.

The youngest of seven siblings, Gabriel is committed to finishing his education and becoming a teacher. But it hasn't always been easy for him to attend school. When he first started, there was no feeding programme.

Gabriel says:

“ I was always hungry. Now, my stomach is full and I can fully participate in class. ”

During the harvest season, Gabriel's parents have often needed him to work on the family farm but knowing that he'll have a meal at school is an incentive for them to prioritise his education. Gabriel continues: *“I feel bad when I miss school. School is a good thing and when you get educated, you can lead a better life.”*



Doaa, 7, Yemen

Doaa, from Yemen, dreams of becoming a flight attendant.

Doaa is a cheerful seven-year-old from Yemen, where Mary's Meals provides vital meals to more than 4,500 children every school day. In Yemen, years of instability have left millions of children's education at risk, with many struggling to access basic necessities. The promise of a nutritious school meal from Mary's Meals brings hope to families.

Ongoing conflict and rising living costs have made life difficult for Doaa. She recognises the positive impact of school meals on her and her classmates.

Doaa says:

“ The meals that we receive at the school support and encourage us as students to keep attending. ”

Although Doaa has faced many challenges in her young life, she remains focused on learning in the classroom. Her daily school meal helps her stay energised and focused, enabling her to better understand her lessons and work towards her dream of becoming a flight attendant.