

MY SCHOOL PLATE FOUNDATION; FEEDING TOMORROW

When My School Plate began serving meals at Bomani Primary School in September 2022, it marked more than the launch of a feeding program—it marked the beginning of a new rhythm of learning. It was a promise that no child would be expected to learn on an empty stomach and that school would be a place where care and consistency meet.

From the outset, our goal was ambitious:
to ensure every learner receives at least two nutritious meals every school day.

What we did not anticipate was the depth of change this would create in attendance, engagement, and student well-being.

A Program Built on Predictability and Daily Care

From the very first bowl served, a quiet but powerful pattern emerged:

Children began coming to school earlier, more regularly, and with greater certainty.

Between 2022 and 2025, **at least 143,418 meals** were recorded as served. While gaps in recordkeeping mean this number underrepresents the true total, even the partial data demonstrates scale, reliability, and the unwavering daily commitment behind the program.

In short, **children have never gone a day without a meal since the program began.**

Attendance Stayed Exceptionally Strong—Because Food Brings Children In

Despite documentation challenges, the attendance pattern is remarkably consistent:

75%–81% attendance across three years, even with weather disruptions, exam periods, and common obstacles faced by public schools. For a school in a low-resource setting, near-80% attendance is not typical—**it is extraordinary**.

This level of consistency communicates one thing clearly: **trust**.

Trust that *school = food*.

Trust that *school = safety*.

Trust that *school = a place worth showing up to*.

The Data Speaks Clearly: Nutrition and Attendance Move Together

A correlation analysis between daily attendance and daily meals served showed a **strong coefficient of 0.82**.

The two patterns rise and fall together, almost in sync—evidence that nutrition is not only an incentive, but an anchor of routine, stability, and learning.

When meals are reliable, attendance becomes reliable.

The Deeper Truth Behind the Numbers

When a community feeds its children, it is doing far more than filling stomachs — it is shaping destinies.

A simple meal can quiet hunger, sharpen focus, and lift the fog that keeps young minds from learning. Nutrition becomes concentration, and concentration becomes possibility. Food is never just food; it is the first doorway to opportunity.

And when meals are guaranteed, classrooms fill up. Children who once wandered the streets suddenly choose school over survival. Attendance rises because hope rises. A plate of food becomes a pull factor — a daily invitation back into structure, mentorship, and belonging. More meals mean more attendance, and more attendance means fewer children slipping through society's cracks.

As attendance grows, so does transformation. Students stay longer, learn better, and dream bigger. Teachers find energy in fuller rooms. Communities see youth spending their days in safe spaces rather than on unsafe streets. A meal becomes the smallest investment with the largest return. Food reduces vulnerability, and reduced vulnerability rewrites futures.

Over time, the ripple widens. Better academic performance leads to better life chances. Better life chances lead to stronger families. Stronger families build safer neighborhoods. A school feeding program becomes a quiet revolution — one that starts at the dining corner and ends in the strength of an entire society. From one meal comes movement; from one plate comes progress.

**That is the power of food: a small act with colossal echoes.
A spoonful of dignity.
A seed of stability.
A catalyst for lifelong change.
Feed a child, and you do not just nourish a body — you
transform a nation.**

Year-by-Year Impact Highlights

2022 — The Beginning

- First meals served in September
- Immediate rise in attendance
- **14,384 meals recorded**

2023 — Scaling Up

- The program reached more children
- Attendance remained resilient despite rainy seasons and exam disruptions
- **51,468 meals recorded**

2024 — Stability and Strength

- Attendance rebounded to near 80%
- Consistency became the norm
- **49,510 meals recorded**

2025 — Trust Is Now Deeply Established

- **28,056 meals recorded so far**

- The program is now part of the school's identity, not an intervention but a culture of care
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Beyond the Plates: What Daily School Meals Make Possible

For Students

- Sustained energy throughout the day
- Increased classroom participation
- A positive emotional association with school

For Families

- Reduced household food burden
- Greater stability and peace of mind
- Renewed confidence in education

For Teachers

- Predictable attendance improves lesson delivery
- Fewer dropouts
- Better engagement and performance

For the School

- A stronger learning environment
 - Increased consistency and smoother school flow
 - A more unified and motivated student body
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Strengthening Documentation: The Next Step Forward

Recordkeeping gaps do not change the reality that meals were served every day. Instead, they highlight a clear opportunity to strengthen M&E systems and make our impact even more visible and measurable.

The Heart of the Story

Across three years, through rains, disruptions, and imperfect documentation, one truth remains:

The feeding program works.

It feeds.

It stabilizes.

It brings children to school.

Every meal is more than nutrition; it is an invitation, an incentive, a lifeline, and a promise of a better school day.

This story, rooted in evidence and strengthened by lived experience, is only the beginning of what My School Plate can achieve with the right partners by its side.