

HIGH FIVE CLUB

changing lives in Africa, £5 at a time

School Lunch Programme, Zambia



Some of our early High Five Club members will remember how from 2014 we have pioneered “School Breakfast Clubs” at primary schools in both the wildlife-rich Masai Mara in Kenya and in Zambia’s Luangwa Valley.

Our feeding programmes sought to both improve school attendance and concentration levels of the rural children attending these schools, all located in impoverished communities where human wildlife conflict is high.

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The provision by High Five Club of a nutritious breakfast each school day meant that attendance levels at these schools soared. The children no longer missed class due to being too hungry to walk the long distances involved to get to school or in their daily search for food. And the boost to daily nutritional levels meant that the children could concentrate better at school without rumbling bellies, hence improving their learning outcomes and exam results, and the basic health of the children improving, helping them fight off the malaria so rife in their communities.

The advent of the H5C Breakfast Clubs in Zambia led to the schools we support becoming sponsored by the charity **Mary's Meals**, who now supply many government primary schools in the Luangwa Valley with the ingredients to cook a wholesome meal each school day for their children. There are still some primary schools not receiving such support from Mary's Meals, however.

One such school has partnered with the High Five Club throughout 2026 to together provide a nutritious lunch each school day for the children attending this school – pioneering our first ever **H5C School Lunch Club** 😊

High Five Club Support:

Ziko Lathu Trust School is a local Zambian-owned and run charitable trust school in Kakumbi Chiefdom in Zambia's Luangwa Valley that caters for early childhood and primary education. It was founded and is headed up by the very talented and committed Grace Bwalya, who is the wife of the former Headmaster of our first H5C Breakfast Club school in the valley. Its aim is to give the local community the option, for a small termly contribution, to send their children to a trust school where classroom sizes are much smaller than in government schools, the teacher to pupil ratio is much higher and the one on one teaching method is promoted. This is especially important for those children that are struggling in neighbouring government schools. Ziko Lathu Trust School has adopted the same model as the H5C-supported school in Malawi, where those that can afford to make a modest contribution subsidise those vulnerable children whose guardians cannot afford so they can attend the school for free.

The school provides lunch for all of the children that attend the school, ensuring that these children have at least one nutritious meal a day and promoting healthy eating. To be able to provide this lunch to the vulnerable children attending the school, Grace had been making regular empty bottle picks, collecting discarded drinks bottles in garbage dumps and taking them



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back to local shops to secure the cash they earn as part of bottle deposit schemes. It always amazes us to see the passion and dedication of such teachers to their pupils' well-being.

In order to give Ziko Lathu Trust School the time needed to develop more sustainable ways of feeding all children attending the school the High Five Club has stepped forward to fund the provision of a



nutritious lunch each school day to the disadvantaged children attending the school (23 double orphans and 3 learners with special educational needs – all who do not pay school fees), along with a contribution also towards the provision of a nutritious lunch each school day for the other 124 children at the school. The overall aim is to improve nutrition and attendance of these children at the school.

Our funding totaling £1,053 in 2026 is providing maize mealie meal, beans, vegetables, cooking oil, sausage, chickens, salt and other food items for the children.



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It is costing just £6.67 to ensure each child at the school receives a nutritious lunch each school day in 2026. Less than 2 coffees in our local café!!



For more information contact cheryl@highfiveclub.co.uk