



HEARTS EDUCATORS

SUPPORTING LEARNING THROUGH A MEAL

Project Brief & Budget

Organization: Hearts Educators
Project Location: Chibombo District, Central Province, Zambia
Project Duration: 12 months
Funding Target: US\$10,000
Target Beneficiaries: Approximately 500 children
Planned Meal-Support Activities: 10
Planned Child-Meal Occasions: Approximately 5,000

1. Project Overview

Hearts Educators is a Zambian nonprofit organization working to improve education access, youth wellbeing and community participation.

Supporting Learning Through a Meal will provide meals alongside educational and community activities for children facing barriers to educational opportunity. The project is designed to address an immediate practical barrier to learning while supporting children's dignity, wellbeing and participation.

Over 12 months, Hearts Educators aims to reach approximately **500 children** through **10 organised meal-support activities**, providing approximately **5,000 child-meal occasions**.

The project will build on Hearts Educators' existing community relationships and experience supporting vulnerable learners. Schools, community members and volunteers will contribute to the coordination and delivery of activities.

2. The Problem

Many children from vulnerable and low-income households in Zambia face barriers that can affect their ability to participate fully in education. Limited access to nutritious meals can contribute to hunger during learning activities, making it harder for children to concentrate, participate and remain engaged.

These challenges are particularly important for children participating in community-based educational activities where household resources are limited. When children's basic nutritional needs are not adequately addressed, educational support alone may not be enough to create an environment in which they can participate comfortably and confidently.

Hearts Educators therefore integrates meal support with educational and community activities as a practical way of reducing one barrier to children's participation while supporting their wellbeing and dignity.

3. How the Project Will Help

Hearts Educators will organise and provide meals to children participating in educational and community activities over a 12-month period.

The meals will be delivered alongside already existing learning and community activities, allowing food support to complement educational participation rather than operate as a separate food-distribution programme.

The project will include:

- Procurement of food ingredients and meal supplies;
- Safe preparation and serving of meals;
- Transportation and distribution of food and supplies;
- Coordination with schools, community members and volunteers;
- Integration of meals with educational and community activities;
- Monitoring of participation and activities;
- Documentation of meals provided and project progress; and
- Safeguarding and responsible management of activities involving children.

Through this approach, the project will help reduce a practical food-related barrier to children's participation while creating a more supportive environment for learning and community engagement.

4. Objectives and Delivery Targets

Objective	12-Month Target
Reach children facing barriers to educational participation	Approximately 500 children
Conduct organised meal-support activities	10 activities
Provide child-meal occasions	Approximately 5,000
Link meal support with	Throughout implementation

educational/community activities	
Maintain accountability and monitoring	Activity and participation records

The project target of approximately 5,000 child-meal occasions is based on the planned delivery model and represents the cumulative number of meal occasions provided to participating children across the project activities.

5. Implementation Approach

Community-Based Delivery

Hearts Educators will work through existing relationships with schools, community members and volunteers to coordinate appropriate meal-support activities.

Meal Preparation and Serving

Food ingredients and supplies will be procured and meals prepared and served for participating children. The project will prioritize practical, appropriate and safe meal provision.

Educational Linkage

Meal support will be provided alongside educational and community activities so that the intervention directly supports children's participation in learning and community engagement.

Community Participation

Volunteers and community members will support appropriate aspects of preparation, coordination and activity delivery, strengthening local participation and ownership.

Monitoring and Accountability

Hearts Educators will maintain basic records of activities, participation and meals provided. Documentation will help the organization monitor progress and report results to donors and partners.

6. Expected Outcomes

The project is expected to reduce food-related barriers to children's participation in educational activities.

Approximately 500 children will benefit from meal support linked to educational and community activities. The project will provide approximately 5,000 child-meal occasions during the 12-month implementation period.

Expected benefits include:

- Improved school attendance
- Improved concentration and retention
- Improved school participation and other learning activities;
- Improved child wellbeing;
- Greater dignity and comfort for children participating in community programmes;

7. Potential Long-Term Impact

The longer-term goal is to contribute to improved participation in learning among children facing socioeconomic barriers.

By combining food support with education and community engagement, Hearts Educators aims to strengthen the conditions that enable children to participate with greater comfort, dignity and confidence.

Approximately **500 children** are expected to benefit directly during the 12-month project period.

The project will also strengthen Hearts Educators' capacity to deliver, monitor and document community-based education and wellbeing support. Lessons and evidence generated through implementation will inform future programme development and fundraising.

The project is therefore intended to provide an immediate practical benefit to children while contributing to Hearts Educators' broader goal of improving access to educational opportunities for children and young people facing barriers to education.

8. Project Budget

Total Project Budget: US\$10,000

Budget Item	Amount (US\$)	Purpose
Food ingredients and meal supplies	\$7,000	Staple foods, vegetables, protein/soup ingredients and other meal supplies
Food preparation and serving	\$900	Cooking, preparation materials and serving arrangements
Transportation and distribution logistics	\$700	Transporting food/supplies and supporting distribution
Water, hygiene and sanitation	\$300	Water, cleaning and basic hygiene materials
Community/volunteer	\$400	Coordination of volunteers and community

coordination		support
Monitoring, safeguarding and accountability	\$300	Attendance, beneficiary tracking, safeguarding and monitoring
Documentation and communications	\$200	Activity documentation and donor reporting
Contingency	\$200	Minor unforeseen implementation costs
TOTAL	\$10,000	

Budget Rationale

The largest share of the project budget is allocated to food ingredients and meal supplies, ensuring that the majority of funds directly support the project's core intervention.

The remaining costs enable Hearts Educators to safely and effectively prepare, transport, coordinate, monitor and document the meal-support activities.

The budget is designed to support approximately 500 children through 10 organised meal-support activities and approximately 5,000 child-meal occasions over 12 months.

9. Monitoring, Accountability and Safeguarding

Hearts Educators will maintain basic records of meal-support activities, participating children, meals provided and implementation costs.

Monitoring will include:

- Activity records;
- Participation/attendance records;
- Records of meals provided;
- Basic expenditure documentation;
- Activity photographs and other appropriate documentation;
- Progress against project targets; and
- Donor reporting.

Safeguarding considerations will be incorporated into activities involving children, including appropriate supervision and responsible handling of beneficiary information and documentation.

10. Sustainability

The project will build on Hearts Educators' existing community school meals programme, community relationships, volunteer engagement and overall organization experience in supporting vulnerable learners.

This school meals support will be integrated with our educational and community activities. This approach allows the organization to use existing community structures while strengthening its capacity to provide holistic support to children.

Evidence and lessons generated through implementation will also help Hearts Educators demonstrate impact to donors and partners and develop future education, nutrition and child wellbeing initiatives.

11. About Hearts Educators

Hearts Educators is a Zambian nonprofit organization established in 2021. The organization works to advance education access, youth empowerment and wellbeing.

Our programmes support children, young people and communities facing barriers to educational opportunities, wellbeing and participation.

Hearts Educators' work includes educational support, youth leadership and empowerment, girls' empowerment, menstrual health and wellbeing, community outreach, youth participation and digital information and support.

Project Leader: Mwape Ng'oma, Executive Director

Website: www.heartseducators.org

Project: Supporting Learning Through a Meal

Location: Chibombo District, Central Province, Zambia

Funding Target: US\$10,000

12. Project Summary

Supporting Learning Through a Meal will provide meals alongside educational and community activities for approximately 500 children in Chibombo District, Zambia.

Over 12 months, Hearts Educators aims to conduct 10 organised meal-support activities and provide approximately 5,000 child-meal occasions. The project will help address food-related barriers to children's participation while supporting their wellbeing, dignity and engagement in learning.

With a funding target of US\$10,000, the project will invest primarily in food and meal supplies while also supporting preparation, transportation, hygiene, community coordination, monitoring and accountability.

13. Registration Certificates

	
NATIONAL YOUTH DEVELOPMENT COUNCIL	
Registration Certificate	
<i>Of</i>	
<i>operation at provincial level</i>	
Given Under Seal	
to	
HEARTS EDUCATORS	
<i>Of</i>	
No. 4 CHABISA ROAD, WOODLANDS, LUSAKA	
Having been Registered	
in accordance with the requirements provided	
by the National Youth Development Council	
Act No. 7 of 1980	
<i>(As amended by Act number 13 of 1994 of the laws of Zambia)</i>	
Signature..... Council Secretary	
NYDC 0005442	Registered On: 2nd November, 2021



Form 4
(Regulation 7)

REPUBLIC OF ZAMBIA

The Non-Governmental Organisations' Act, 2009
(Act No. 16 of 2009)

The Non-Governmental Organisations
(Forms and Fees) Regulations, 2011

CERTIFICATE OF REGISTRATION
(Section 13 of the Non-Governmental Organisations' Act, 2009)

CERTIFICATE NO. RNGO 101/2766/2026

Holder's Name HEARTS EDUCATORS

Address LUSAKA DISTRICT

The certificate is granted for a period of five (5) years commencing on the
9TH day of JANUARY 2026

The conditions of grant of the certificate are as shown in the Annexures attached hereto.

Issued at Lusaka this 9TH day of JANUARY 2026

PUMULO MUNDALE MOYO

Registrar

ENDORSEMENT OF REGISTRATION

This Certificate has this 9TH day of JANUARY 2026 been entered in the Register

PUMULO MUNDALE MOYO

Registrar

