



# Impact of School Lunch Programmes on Academic Performance in Southern Malawi: A Survey Study

Chisomo Chitenje<sup>1</sup>

<sup>1</sup> Department of Research, Malawi University of Science and Technology (MUST)

**Published:** 26 February 2009 | **Received:** 10 December 2008 | **Accepted:** 23 January 2009

**Correspondence:** [cchitenje@aol.com](mailto:cchitenje@aol.com)

**DOI:** [10.5281/zenodo.18885498](https://doi.org/10.5281/zenodo.18885498)

## Author notes

*Chisomo Chitenje is affiliated with Department of Research, Malawi University of Science and Technology (MUST) and focuses on African Studies research in Africa.*

## Abstract

Southern Malawi faces significant educational challenges, particularly in terms of student nutrition and academic performance. A mixed-method survey approach was employed to collect data from students, parents, and teachers across selected schools in Southern Malawi. The analysis revealed that students who regularly participated in the school lunch programme demonstrated a 15% improvement in standardised test scores compared to those not participating. School lunch programmes appear to have a positive impact on academic performance, although further research is needed to explore underlying mechanisms and long-term effects. The government should consider expanding school lunch programmes as part of its broader educational initiatives to support student nutrition and learning outcomes. school lunch programme, academic performance, Southern Malawi, education policy

**Keywords:** *Sub-Saharan, African, Socioeconomic, Determinants, Literature, Ethnography, Qualitative*

## ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

**Email:** [info@parj.africa](mailto:info@parj.africa)

Request your copy of the full paper today!

## SUBMIT YOUR RESEARCH

**Are you a researcher in Africa? We welcome your submissions!**

Join our community of African scholars and share your groundbreaking work.

**Submit at:** [app.parj.africa](http://app.parj.africa)



Scan to visit [app.parj.africa](http://app.parj.africa)

**Open Access Scholarship from PARJ**

Empowering African Research | Advancing Global Knowledge