

‘Eat Well to Learn’ School Meals Programme

Programme cost (2018): £5,304

The Challenge

- Throughout the developing world, millions of children are going to school on an empty stomach and not eating all day. This affects their ability to concentrate and therefore achieve their full potential
- Hunger is the world’s number 1 health risk – it kills more people than AIDS, malaria and tuberculosis combined (WFP)
- Every year, 5 million children die due to hunger - That equals 570 children every hour or 9.5 every minute (Action Against Hunger)
- Around 925 million people suffer from hunger and malnutrition; this is about 100 times more than those people who actually die from hunger (WFP)
- One in seven people worldwide is hungry, including 55 million acutely malnourished children under age 5.



How your support can help

By helping us provide hot meals to disadvantaged school children in Uganda every day, you are enhancing their ability to concentrate on studies, and getting them into, and keeping them in, school. According to the World Food Programme:

“A meal at school acts as a magnet to get children into the classroom. Continuing to provide a daily meal to children as they grow helps keep them in school... They allow children to focus on their studies rather than their stomachs and boost their education by increasing school enrolment and attendance, decreasing drop-out rates, and improving cognitive abilities.” (World Food Programme, 2015)

By helping to keep these young people in school you will be enabling them to remove themselves and their families from the ongoing cycle of poverty. Education is one of the best ways for people to lift themselves out of poverty and has endless benefits, including the ability to secure a decent job and therefore an income,¹ to have healthier children,² and to hold their governments to account.³ The benefits of educating girls are particularly striking: girls with secondary education are likely to marry 4 years later, less likely to die in childbirth, likely to have an average of 2.2 fewer children, more likely to have healthier children and more likely to send their children to school.⁴ Educated children are also more likely to invest in improving their community - and wider society - when they grow up.



The project

Through the ‘Eat Well to Learn’ programme we provide meals to 70 of the most vulnerable students at Kamuganguzi Janan Luwum Memorial Secondary School in Uganda with a hot meal every school day. For many of those students, this is the only meal they eat each day – and many have to walk long distances to and from school. Without this meal, they would go hungry and as a result would be less able to concentrate during their lessons and learn effectively.

¹ Research shows that in many developing countries, with each additional year of schooling, people earn 10% higher wages (Center for Global Development, 2014; UNESCO/EFA, 2014), In Uganda, owners of household enterprises who have completed lower secondary education earned 56% more than those with no education (UNESCO/EFA, 2014)

² Educated mothers are 50% more likely to immunize their children than mothers with no schooling (Center for Global Development, 2014)

³ Across 18 sub-Saharan African countries, those of voting age with primary education are 1.5 times more likely to express support for democracy than those with no education, and the level doubles among those who have completed secondary education (UNESCO/EFA, 2014)

⁴ UNICEF, 2014

Impact



Since 2012, the programme has provided 70 students with a hot meal every school day. This equates to 37,800 meals provided up to the end of 2017. The programme has also brought students back into school who had dropped out, has helped to keep students in school who may otherwise have dropped out and has helped to attract new students to the school. The Headmaster of the school told us:

“I want to assure you that life has come again for these students. You cannot believe that even those who are HIV/AIDS victims can now laugh and play with others. You may not know the impact you have made in my school. You have wiped away my tears for these students also. When I heard the news about lunch fees, I walked house to house calling those who had left school because of hunger to come back and I am happy that they can now smile.”

Some of the students we are feeding through the programme are HIV positive and are being provided with more nutritious meals than the other students. This is helping them to stay well and active.

Ensuring sustainability

We are working with the school management to find ways of improving the sustainability of their meals programme so they do not remain dependent on our support. In 2017, with funding from St. James' Place Foundation, we were able to support the establishment of a piggery at the school. Not only is this now providing more nutritious meals for the children and teachers, it is also generating much needed income for the school which can be used to increase the provision of school meals, keep school fees low, or make much needed improvements to the school infrastructure. We continue to work with the school to find other distinct projects we can support to ensure the programme's long-term future.



Costs of 'Eat Well to Learn'

- Each meal costs 35p
- £7.70 could pay for a student to 'eat well' for a month
- £25.26 could pay for a student to 'eat well' for a term
- £1,768 could pay for all 70 students to 'eat well' for a term
- £5,304 could pay for all 70 students to 'eat well' for a year

Contact

10 The Grange, Kingham, Oxon, OX7 6XY

Telephone 01608 659269 / Email janet@rafiki-foundation.org.uk

Web www.rafiki-foundation.org.uk

Rafiki Thabo Foundation is a registered charity (1118430)

Photography © Jane Baker (www.jane-baker.com)