

Alicia

Alicia was born on the 24th June 2013 and has attended Heri Junior since Baby Class.

This seemingly shy young lady has much to say. Alicia's school is in the Mithongi slums in Nairobi; the 3rd school in the Porridge and Rice family. Up until January 2018, the children were only able to receive the **breakfast** and a **piece of fruit** at school; but now, thanks to a donor, we were able to provide lunch across all schools.

The difference made by having a nutritious bowl of **Uji** (a type of millet porridge) for breakfast and a **vitamin** boost during the lunch break has made the world of difference to this girl. She is able to start the day without feeling hungry and make the most of her lessons.



Carbohydrates are an important part of all children's daily nutrition and are filling enough to satisfy until the next meal. The **naturally occurring sugars** in the Unga (flour) and the little added for taste gives the right number of calories to power her through the day. Having a steady and **regular breakfast** at school is vital for children like Alicia who never really know where their next meal is coming from, now she has lunch to look forward every day she is at school.



Porridge and Rice
Feeding for Education

Date	Centile	Height and Weight
18/02/2016	50 th	93cm, 13.7kg
13/10/2016	50 th	99cm, 15kg
31/03/2017	50 th	102.5cm, 15.5kg
21/06/2017	75 th	104.5cm, 17kg