

Joseph



Porridge and Rice
Feeding for Education

Joseph is a young man attending Excel Emmanuelle School in the Ngando Slum of Nairobi. He has been at the school since Baby Class and had the benefit of the **feeding program** for 3 years.

Undernourishment may not be detected as a low weight in the first instance, it may be detected through **recurrent illness** or inability to recover from a bout of disease such as diarrhoea. Each body needs a certain number of **vitamins**

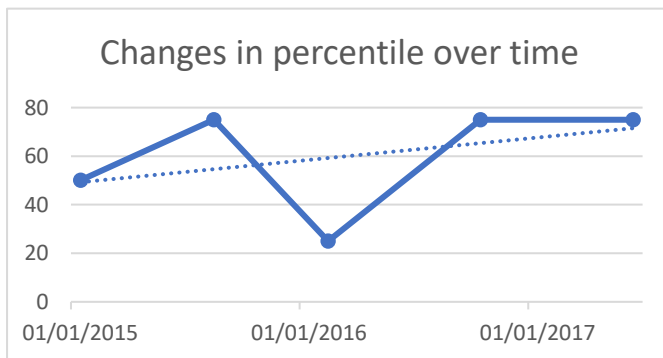


and minerals to survive. **Vitamin C** is a big contributor to the strengthening of the **immune system**

as well as having benefits such as aiding the absorption of **iron** in food and regeneration of tissues.



Porridge and Rice provides **88% of the RDA of Vitamin C** each and every day through Sukumawiki (a type of Kale), sweet potato, Nyayo beans, Uji or various fruits and vegetables.



Josephs' measurements indicate that the biggest benefit he has seen in an increase in his immune system. His measurements began on the **50th** percentile and this was average, something happened a year into the program and his weight dropped, could have been an illness or tummy bug; but he **recovered** and is back to above his original weight on the **75th**, Joseph is thriving; showing signs of being well-nourished.

