

# Vincent

Born in November 2011 and attending Heri Junior since 2015, Vincent is one cheeky chappie buzzing with energy, all thanks to a good helping of **Sweet Potato** rich in **Vitamin A**, and an additional supplement every 6 months.

Without the extra **Vitamin A**, Vincent is at an increased risk of losing his sight, having an underperforming immune system and stunted brain development. According to the UNICEF, Vitamin A deficiency is "**the leading cause of preventable childhood blindness**". Common afflictions such as **diarrhoea** can become fatal in malnourished children **1 in 5** perish from diarrhoea in the slums of Nairobi. **UNICEF** regards addressing vitamin A deficiency as critical to reducing child mortality, the **fourth** of the United Nations' **Millennium Development Goals**.



Porridge and Rice introduced **yellow sweet potatoes** into the schools once or twice a week depending on the season and the success of the schools to sustainably cultivate their own yield. One chunk of the yellow or orange variety (approximately 100g) is enough to give him **420%** of his daily needs of Vitamin A.

Porridge and Rice has worked with international charity Sightsavers to check the health of the children's eyes, some of the children were suffering from mild infections due to the dust, pollution and dirt in the atmosphere; fortunately most were healthy so let's keep it that way.



Date	Centile	Height and Weight
18/02/2016	50 <sup>th</sup>	102cm, 15.8kg
13/10/2016	50 <sup>th</sup>	108.3cm, 17kg
31/03/2017	50 <sup>th</sup>	112cm, 19kg
21/06/2017	75 <sup>th</sup>	114cm, 21kg