

NUTRITON DRINK PROJECT INFORMATION



A HEALTH AND NUTRITION PROJECT

"Whoever welcomes one of these little children in my name welcomes me; and whoever welcomes me does not welcome me but the one who sent me." Mark 9:37_

RATIONALE

Children are the most visible victims of undernutrition. Children who are poorly nourished suffer up to 160 days of illness each year. They perform poorly in school and end up in an endless cycle of poverty. Poor nutrition plays a role in at least half of the 10.9 million child deaths each year--five million deaths. Undernutrition magnifies the effect of every disease, including measles and malaria.

BACKGROUND

Starting in January 2010, Agape in Action introduced the nutrition drink program in our first area. This was at the Agape in Action sponsored – Godo School of Light nursery which is held in the ecclesial hall there. This is a very poor area and the children were obviously undernourished. The drink has been used for years in India where it was started by Tim Galbraith. The recipe was shared with Agape in Action, the ingredients sourced locally and a pilot program introduced.

Due to the success of the program it has now been expanded into five other areas in Kenya, at Sunday schools, primary schools and a children's home. The drink has had considerable effects on the overall health of the children participating in the program.

INGREDIENTS, ADMINISTRATION & COST

The drink is very high protein mix including a ground flour made of several legumes such as chickpeas and peanuts which is mixed with milk, vitamin drops and sweetened with jaggery. The drink is given 3 times per week to the children at school or once per week after Sunday school. The cost in our pilot area is 21 cents per child per week (or 7 cents per drink).

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me,..." Matthew 25:35-36



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