

The Turkana 10€-Feeding Program

A Black &White Project, sponsored by Barbara and friends



Asante – don't spill a single drop of Milk

Preamble:

A Mother's Love Unites Us: How Barbara and Achim Made a Difference

When Barbara learned about the urgent need to feed children in Turkana, she didn't hesitate. She didn't question who these kids were, where they came from, or why their parents couldn't provide for them. Instead, her motherly instincts kicked in, propelling her to act immediately.

Through a private fundraising effort, Barbara made a significant impact. Her donation enabled Patricia to travel to Turkana, where, with the help of Achim, they brought smiles, laughter, and nourishment to the children. Milk, biscuits, and shared meals became moments of joy for these innocent souls.

Barbara and Achim's generosity extended beyond mere sustenance. Their compassion touched lives they had never seen and might never meet again. These children, born into the world,

belong to all of us—not just their biological parents. Barbara and Achim’s hearts of humanity allowed them to raise funds that eased the burden on parents’ shoulders, even if only for a few precious days.

In this act of love, Barbara and Achim exemplified the true essence of mother/fatherhood—a selfless, universal bond that transcends borders and bloodlines. Their support made it possible for me to meet these children face-to-face, and for that, the nuns in Lokitaung and I will remain forever grateful.

Introduction

In the remote northern reaches, where Lake Turkana glistens, lies **St. Patrick’s Nomadic Girls Centre**—a place of resilience and hope. Imagine a grueling 17-hour journey across dusty streets, rugged roads, and rocky hills, where temperatures soar above 30 degrees Celsius, and the sun blazes relentlessly. Yet, these challenges pale in comparison to what the spirited young girls of Lokitaung endure daily. Some trek up to 30 kilometers just to reach the feeding program. Remarkably, this region receives no response from the national government, leaving its inhabitants to fend for themselves.

Unexpected Solo Journey:

Coming from Oyugis, originally, my journey was meant to involve the company of nun(s) from Eldoret to Kitale, then Lodwar, and finally Lokitaung. However, unforeseen circumstances led me to undertake this mission alone. Despite the challenges, witnessing the dedication of the

nuns and the courage of these girls and little boys has left an indelible mark on my heart. Their strength in the face of adversity is a testament to the power of compassion and unwavering commitment.

St. Patrick Nomadic Girls Centre: A Beacon of Care:

Arriving past midnight, I was warmly welcomed by the security, night guard and sister Florence a nun at St. Patrick Nomadic Girls Centre as the rest had retired to bed. Their beautiful guest house provided respite after the tiring journey. The center, home to approximately 50 girls, shelters those attending various colleges and girls’ boarding schools. Even the youngest residents, still in elementary school, find refuge here. The nuns and local staff create a supportive environment, fostering a sense of community and resilience. The following morning, I was heartily welcomed by the community mother superior Sr. Ligia and other housemates.

After introducing ourselves, Achim had the chance to speak with Sister Ligia and her colleague through a WhatsApp video call. We then proceeded to purchase essential food items like maize, beans, sugar, cooking oil, salt, milk, biscuits, and juice in company (see detailed spreadsheet

attached) with Sr. Ligia Giron Flores, aspirant to Sr. Jacinta Muthoki, Edward Oluoch Driver and Emmanuel Kipkemei nutritionist.

Our destination was the Karebur and Sasame centers though initially we were to visit Nadunga due to the long distance and time we did not but food would be shared later with the help of Sr. Ligia Giron. As soon as the kids spotted Sister's car, they began dancing and singing. They knew that food had arrived. Interacting with the kids was delightful. **The highlight was when we gave each child a packet of milk and biscuits.** Their faces lit up because this was a special treat—milk is scarce due to limited resources. Despite their challenging circumstances, these kids manage to smile and play

Girls' Education Challenges:

In Lokitaung, traditional cultural values often prevent girls from attending school. Fathers view their daughters as commodities exchanged for dowries by older men who become their future husbands. These practices persist in remote areas. Young girls, without uniforms but adorned with traditional beads, are already promised for early marriages. Unfortunately, the nuns advocating for their rights face limitations due to safety concerns if they bring these girls to their open centers. Government intervention is crucial.

Education Efforts:

Schools are scarce in this region. However, international Catholic missionaries have established churches and shelter centers that now serve as informal schools and feeding programs. The government rarely reaches these remote places, lacking roads, water, hospitals, and security.

I extend our gratitude to both local and international missionary sisters in Lokitaung for their selfless service, supporting marginalized families despite limited resources.

St. Patrick's Nomadic Girls Centre

Geographically it's located in Lokitaung, an educational institution established by the Diocese of Lodwar, Kenya, with a focus on providing special education. Here are some key details:

Founding

The center was founded in 2005 by Catholic nuns as part of a network of institutions aimed at offering specialized nutrition and preprimary education.

Purpose

It serves as a sanctuary for nomadic girls, offering them a chance to receive an education and improve their lives.

Impact

By focusing on the education of nomadic girls, the center plays a crucial role in empowering a traditionally underserved community.

- **Affiliation and Names of the centers**
- The center is one of several institutions set up by the Diocese of Lodwar, which sponsors a wide range of educational and feeding program facilities across the region

The names of 11 centers and numbers of Children in each Centers

1.	Natoo	204
2.	Kangarukia	188
3.	Karebur*	136
4.	Sasame*	137
5.	Nakitoekukuom	190
6.	Nadunga*	280
7.	Kangakipur	187
8.	Milimatatu	165
9.	Mananogoria	150
10.	Kaeris	177
11.	Kaalem	180

* Centers supported through Barbara and friends

In the 3 centers* are 6 teachers

- Sasame: Ignatious Eripon, Lilian Wasilwa
- Karebur: Abrahin Erot, Maureen Kemboy
- Nadunga: Janeth Nasimiyu, Peter Ewesit

Number of subordinate staffs:

5

Subjects taught

- Environmental,
- Language
- Mathematics
- C.R.E (Christian Religious Education) creative and outdoor
- Music

Age bracket of children,

- Playgroup: 3 to 4 years, Preprimary one: 4 to 5 years, Preprimary two: 5 to 6 years

The nutritional challenges

Purpose of the feeding programs is to keep the kids going in the name of schooling. Most kids would be either dead or badly off if we did not come up with the idea of school feeding program

Purpose of School Feeding Programs:

The primary purpose of school feeding programs is to ensure that children receive adequate nutrition, especially during their school hours.

Without these programs, many children might struggle to focus on their studies due to hunger or malnutrition.

In extreme cases, lack of proper nutrition could lead to severe health issues or even loss of life.

Food Ratio and Daily Intake:

The food ratio varies based on the specific program and location. All the schools have their own guidelines. Main diet provided each day:

- Monday: maize and beans
- Tuesdays: rice and beans
- Wednesdays: maize and beans
- Thursdays: rice and beans
- Fridays: maize and beans
- Saturday: maize and beans
- Sunday: no food (due to limited budget)

Generally, the goal is to provide a balanced meal that includes essential nutrients like proteins, carbohydrates, vitamins, and minerals.

The quantity of food per child depends on factors such as age, activity level, and local dietary norms.

Common Skin Problems:

Malnutrition can manifest in various ways, including skin issues.

Children with insufficient nutrients may experience dry, flaky skin, rashes, or slow wound healing.

Skin conditions can impact their overall well-being and self-esteem.

Implications of Malnutrition:

Big Stomach: Chronic malnutrition can lead to a distended abdomen due to protein deficiency (kwashiorkor). This condition affects growth and immune function.

Brown Hair: Discoloration of hair (reddish or brownish tint) can occur due to deficiencies in certain vitamins and minerals.

Thinning of Legs: Thin legs may result from inadequate protein intake, affecting muscle development.

Stunted Growth: Malnutrition during childhood can lead to lifelong growth impairments.

Cognitive Impact: Poor nutrition affects cognitive development, concentration, and learning abilities.

General Hygiene Challenges:

Hygiene plays a crucial role in overall health.

Lack of clean water, sanitation facilities, and proper hygiene practices can exacerbate health issues.

Schools are addressing hygiene challenges to prevent the spread of diseases and maintain the well-being of students.

In summary:

the school feeding program in Lokitaung is vital for both education and health. By providing nutritious meals, the nuns contribute significantly to the well-being of these children. However, addressing hygiene and nutritional gaps remains essential for their holistic development

Closing remarks and words of prayers from Sr. Ligia Giron

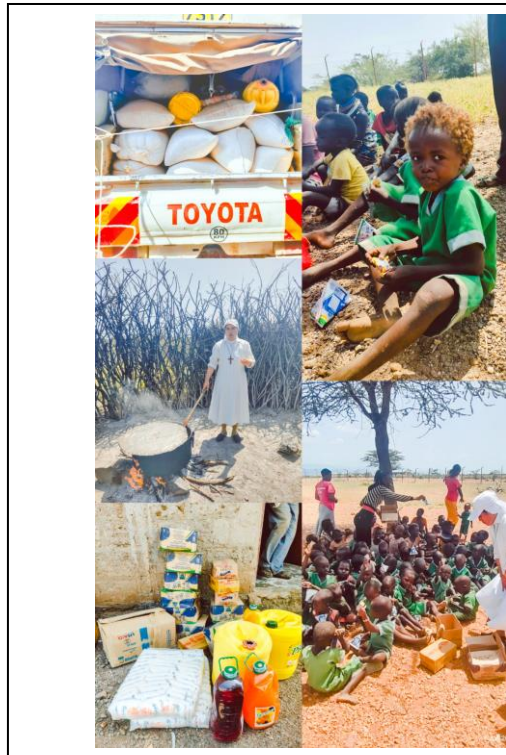
Thank you, dear friends, may God continue giving you enough strength to serve this Children of Turkana. May God bless you abundantly.

We are grateful as a Congregation for your generosity towards this noble cause. Barbara, we know that you have really sacrificed for this. It was a true sacrifice for Patricia to journey all the way to Turkana North even with poor means of transport. Thank you for adding to our plate. Our children enjoyed the snacks too.

May our Lord expand your territories and guide your paths as you continue serving humanity in diverse ways.

Attachment

Photo Section



Transport and Arrival



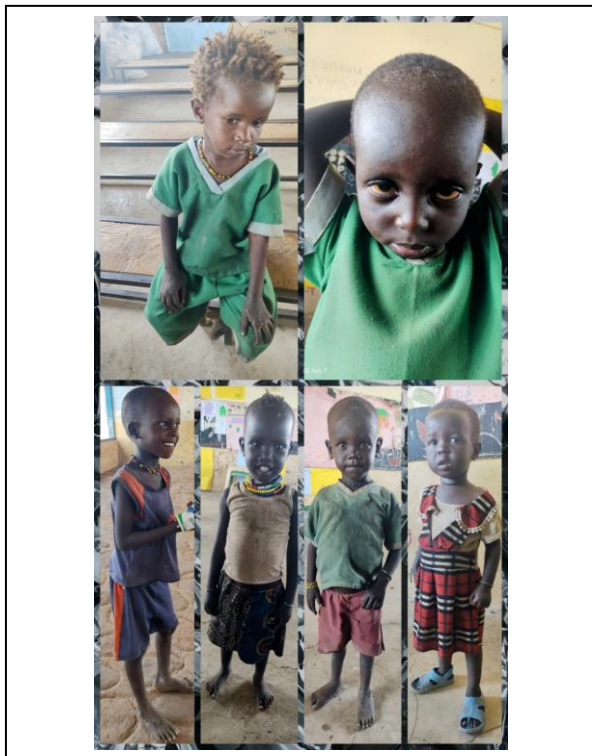
Tons of food divide to the centers



Milk and Biscuits



Asante Patricia



Lack of balanced diet kids

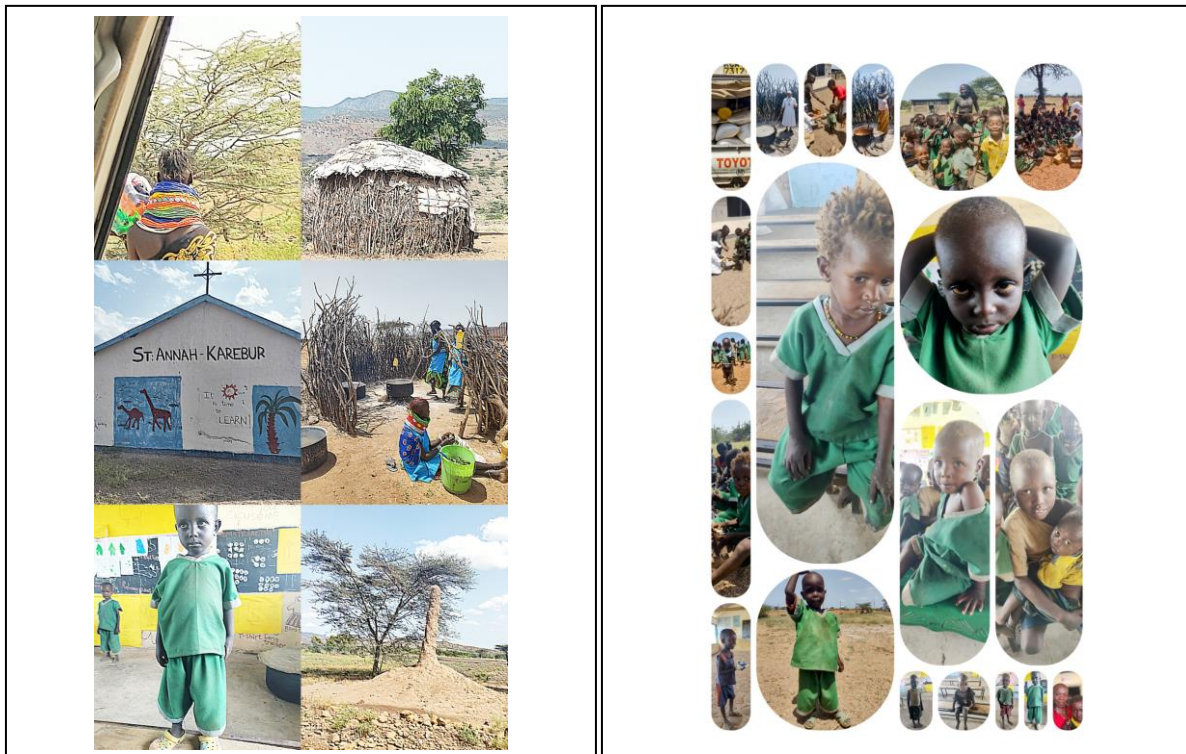


Hungry kids – waiting for food



Happiness

We look at you with gratitude



Karebur Center

Asante Wazungu friends



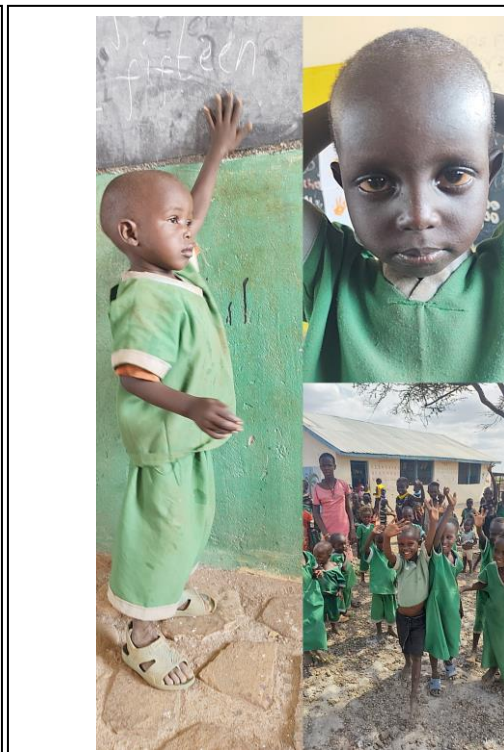
Preparing food



Boiling Maize



Happy young student



Nutritious food in the stomach – lets study

Shopping List

Item	Unit	Unit size	Number	kg total
Maize	1 sack (45 kg)	45	100	4.500,00
Rice	1 sack (45 kg)	45	43	1.935,00
Sugar	3 sacks (bales 24 kg)	24	3	72,00
cooking oil	15 Jerry cans (20 L)	20	15	300,00
Salt	10 (bales) (10 kg)	10	10	100,00
Beans	1 sack (45 kg)	45	50	2.250,00
Milk	9 boxes (24 pc x 150 ml)	3,60	9	32,40
Bisquit	4 boxes	1	4	4,00
Juice	3 bootles (a 5l)	15	7	105,00
			Sum kg	9.298,40
			tons	9,30