

Food Can Change the Life of a Child



All over third world countries, school meals have a huge impact on the life and destiny of underprivileged and vulnerable children.

No learning – no building social capacities for the future – it cannot happen without food.

This is a reality which has been proved and verified over 34 years at the Rudolf Steiner School, The Mbagathi School in Nairobi, Kenya.

More than 80% of the 400 students at the Mbagathi School come from deprived and disadvantaged life circumstances in the slums. The families are challenged with extreme poverty and have to struggle to afford basic daily needs - water, food, and clothes.

The current food situation in Kenya makes those life circumstances even more challenging because of extreme drought in Kenya; the school is experiencing the most alarming food crisis in decades. It is immense in severity due to the geographical location of the school. The long drought adds to the huge financial and humanitarian effects of the pandemic and the food insecurity of the Ukraine war. The current situation in Kenya has been declared a national state of emergency.



The Mbagathi School - situated on the outskirts of Nairobi on a large nature compound, has since its start in 1989, been carried by a strong community, which is totally committed to the common aim - to work for the neediest and most underprivileged children. The staff include: teachers, boarding parents, the important kitchen staff, the office staff, the school bus drivers, cleaners, security, maintenance, ground person, farmers and watchmen. The children get a quality education through this schooling. They grow stronger and find support and hope in life. A very important basis for inner growth is physical strengthening through daily healthy school meals.

The biodynamic farm in the school covers a major part of the school meals provided from the school kitchen. The school menu includes a special emergency food programme, where nutritious and oily peanut butter and extra milk from the farm cows are added to the meals. Emergency breakfast is currently offered to the day children, who are coming to school without having had a meal, either in the evening or in the morning. 120 of the children, some orphans, some without a home, some needy because of a desperate situation at home, are living in the big boarding facilities at the school and are provided with breakfast, evening and weekend meals.





Meals are cooked in the school kitchen with gas cookers and wood burning stoves which are improvised but efficient. The school meals help the children to overcome malnutrition and hunger – and you can see most of the serious signs of malnutrition disappearing from the children when they come back to school after a holiday. The signs re-occur when they go home for holidays, where they have been exposed to too little or on many days almost nothing to eat.



The whole financial running of the school is challenged and greatly affected by the current situation in the country: extremely high inflation, the sky-high rise of prices in all areas, food, fuel, transport.... etc. As a private school, the Mbagathi School does not receive support from the Kenyan Government. Most of the parents have no means of paying school fees so the whole operation highly depends on donations and sponsorship.

Our main concern is to continue to provide the 400 children and the 56 co-workers with healthy basic school meals by covering the Meals Budget 2023.



The meal budget for 2023 in total is:

KSh 7,550,000 or Euro 65,650

We kindly ask for your financial help - smaller and larger donations are highly appreciated and welcomed in this overall emergency situation.

See here the detailed budget

ITEMS	KSh	Euro
FRESH FRUITS AND VEGETABLES	1,600,000	13, 913
MILK , MEAT AND DAIRY PRODUCTS0	2,460,000	21,390
GRAINS, CEREALS, FLOUR	2,040,000	17,738
COOKING OIL, MARGARINE AND SUGAR	650,000	5,652
COOKING GAS AND FIREWOOD	500,000	4,348
CLEANING AND SANITATION	300,000	2,609
TOTAL	7,550,000	65,650

For more information contact:

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