

Food Can Change the Life of a Child

The Rudolf Steiner School, Mbagathi, Kenya

All over the world, 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 – this cannot happen without food.

This is a reality which has been proved and verified over 36 years at the Rudolf Steiner School Mbagathi, Nairobi, Kenya.



More than 85% of the 430 students at the Rudolf Steiner School Mbagathi come from deprived and disadvantaged life circumstances. The families are challenged with extreme poverty and have to struggle to afford basic daily needs – food and water, shelter and clothing.

The current Economic and Food situation in Kenya makes those life circumstances even more challenging because of the ever-rising cost of essential food items, unpredictable weather affecting agricultural yields, and increased production costs, which make it harder for many households to afford basic meals. In addition to this, fluctuations in the global price index and the exchange rate of the dollar against the Kenyan Shilling has impacted food prices in the country by increasing import costs, raising production expenses, and making essential commodities more expensive. The above factors have contributed to the school experiencing its most alarming food crisis in decades - can we continue to provide our vulnerable children with the much-needed nutrition for their learning and growth?



The school is situated on the outskirts of Nairobi on a large nature compound, since it started in 1989, it has 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. 138 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 join the school.



The whole financial basis for the running of the school is challenged and greatly affected by the current situation in the country and in the world. As a private school, the Rudolf Steiner School Mbagathi 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. To continue to provide the 430 children and the 60 co-workers with healthy basic school meals by covering the Meals Budget 2025 is our main concern.

The meal budget for 2025 in total is:

KSh 8,500,000 or Euro 62,500

We kindly ask for your financial help - smaller and larger donations are highly appreciated and welcomed in this overall challenging time:

BUDGET ITEM	Kenyan Shillings (KES)	EURO
FRESH FRUITS AND VEGETABLES	1,800,000	13,235
MILK, MEAT AND DAIRY PRODUCTS	2,700,000	19,850
GRAINS, CEREALS, FLOUR	2,300,000	16,910
COOKING OIL, MARGARINE AND SUGAR	820,000	6,030
COOKING GAS AND FIREWOOD	550,000	4,050
CLEANING AND SANITATION	330,000	2,425
TOTAL	8,500,000	62,500

For more information contact:

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