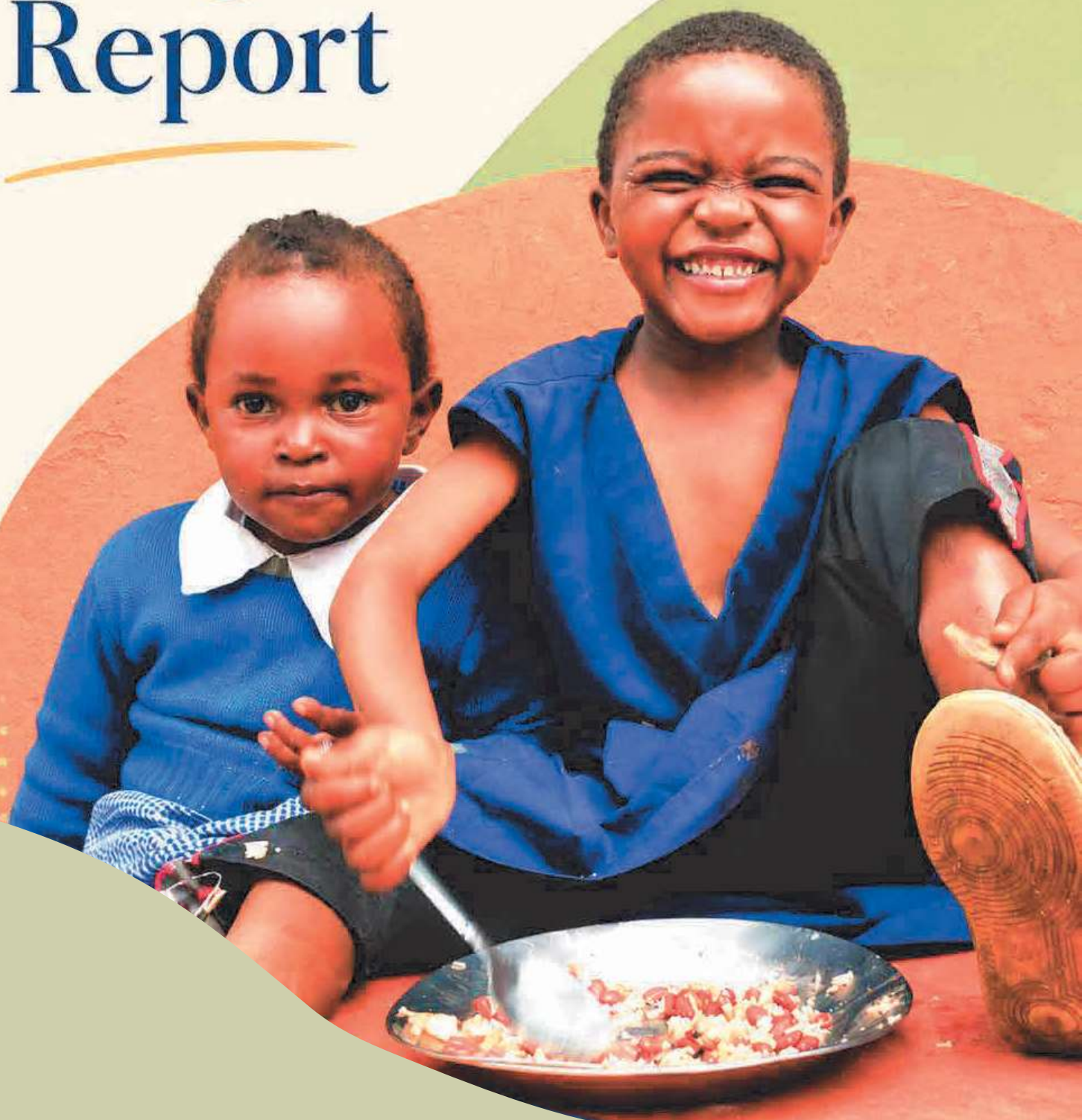


Feeding Program Report



Introduction

In 2025, Moving Mountains Kenya made significant strides in advancing school meals programming to 4 ECDE Centres in Embu County. This progress was driven by the need to offer relief to children facing hunger and malnutrition. The programme has now expanded to serve 355 learners with breakfast and 535 learners with lunch. An important area of programme growth has been the inclusion of 15 street-connected children and young people who sleep rough on the street and have now enrolled in the ADULT EDUCATION AND REHABILITATION PROGRAMME, where they receive literacy training, life skills support and nutritious hot meals to sustain participation. This reflects a substantial increase in demand, particularly among vulnerable children aged 4-13 years. Sometimes it's the only meal the children eat in a day.

Child hunger and malnutrition are widespread in the low-income families, severely affecting the well-being of children.

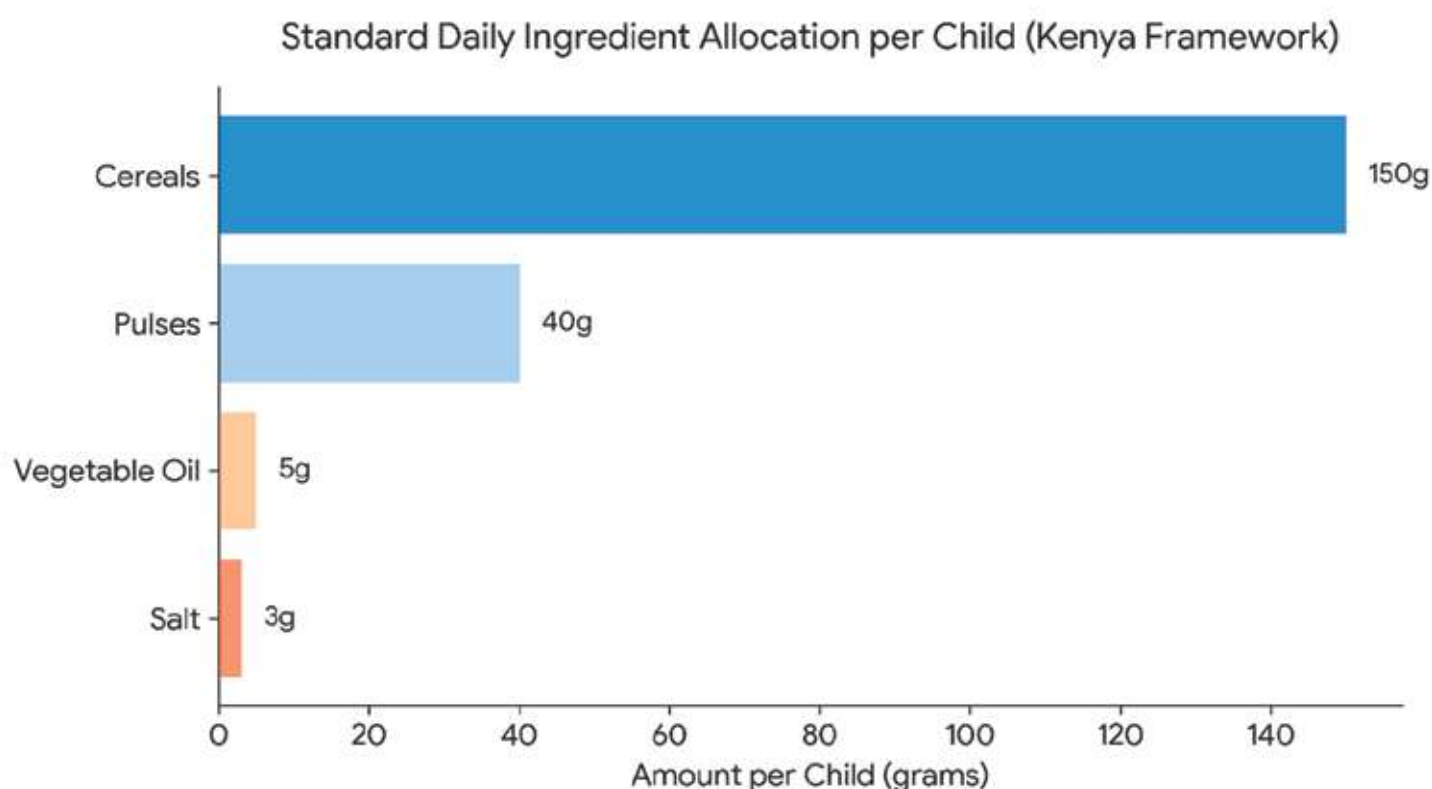
We have scaled from 740 meals to 890 meals per day. This sums from 14,800 meals per month to 17,800 per month. This growth represents an estimate of 20.3% scale up in programme reach, a positive indicator that more families are relying on the programme as a critical safety net against hunger, malnutrition and school absenteeism. This increase also highlights the growing trust from schools, caregivers and the whole community in the quality and consistency of the support being provided.



2.0 NUTRITION STARDARDS, MEAL PLANNING AND COSTING

Effective school meals should provide balanced diet nutrition while remaining practical and sustainable within available resources.

Each meal provides approximately 40% of a child's RDA (Recommended Dietary Allowance) for energy and protein for each child according to WHO. The recommended ratio for feeding programmes in Kenya of 150g of cereals, 40g of pulses, 5g of vegetable oil, 3g of salt and one glass of milk per child is being achieved by our school meals programme. We incorporate both plant and animal based food which provide sufficient macro and micro nutrients needed to support early age of children's growth. Nutrition should not only meet biological needs but also support dignity and enjoyment. Our menu comprises items that are familiar to the children.



Our programme monitors expenditure through a cost per meal approach, enabling accurate budgeting, financial accountability and resource planning. Currently, the average cost per meal is Shs. 38 per child. This cost covers procurement of food ingredient, meal preparation, cooking fuel and associated operational expenses.



3. PROGRAMME ANALYSIS AND IMPACT

1 Program impact to school going children (Aged between 3-14 years)

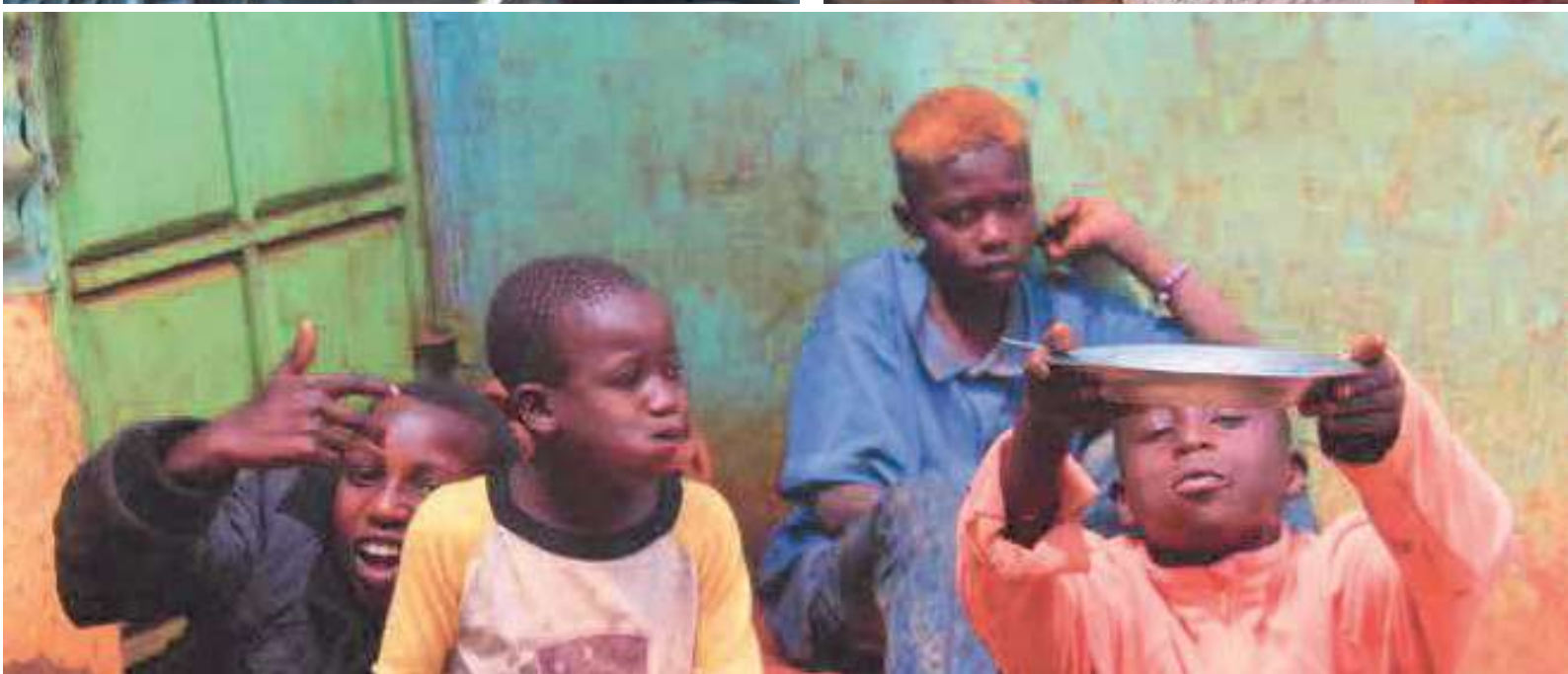
The rise in enrollment among vulnerable learners is directly linked to increasing economic hardship faced by low-income households. Many children attending the programme come from families struggling with food insecurity, unstable incomes and limited access to nutritious meals at home. For many learners, the meals provided through the programme are often the most reliable and hot, nutritionally balanced meals they receive in a day. In many informal settlements, hunger has not disappeared- it's been transformed. Diets are shifting rapidly and meals are no longer prepared or cooked at home, they are bought. Children are consuming harmful calories from smokies, mandazi, chips and other affordable unhealthy meals that parents assume is cheap, quick and accessible and filling. The child is not getting enough nutrients to grow. Our programme has identified this nutritional gap (macronutrients like proteins and micronutrients like vitamins and minerals) and we ensure we provide well balanced affordable nutritional meals to these learners.

2.2 Program impact on street-connected children.

The school meals programme has continued to be a critical entry point for engaging street connected children who sleep rough on the streets. Through the provision of daily nutritious meals, the programme removes one of the highest barriers to participation in education and rehabilitation activities to these children- food insecurities.

The meals serve as an incentive for these children to attend adult literacy classes and participate in structured football training sessions. As a result, beneficiaries are:

- Spending less time on streets and reduce exposure to street-related risks like substance abuse, violence, exploitation and crime
- More time in safe, supervised environment where they can learn, develop life skills and build positive relationship with mentors and peers.
- Enhanced psychosocial wellbeing through participation in sports and group activities.
- Improved concentration and learning capacity due to better nutrition.



The provision of breakfast has particularly improved:

- Morning attendance and punctuality
- Concentration and participation in class
- Learners physical health and wellness
- Better Cognitive performance and longer attention span
- Reduced mental health and emotional well-being.

Knowing they will be fed alleviates the anxiety of food insecurity for both the child learner and their family.

Randomized trials have linked school meals to measurable reductions in stress and symptoms of depression.

The lunch programme continues to play a critical role in:

- Supporting healthy growth and development
- Reduced cases of hunger-related fatigue during afternoon lessons
- Encouraged regular school attendance
- Offering protection and stability for children at risk of neglect, street exposure or exploitation. School meals ease the severe financial burden on households.
- It has improved dignity and socialization.



Programme impact on Black Cats football club.

The school meals program also supports about 25 young people who have completed secondary school but are awaiting opportunities for college, technical training, employment or entrepreneurship. Many of these youth spend their days participating in football training through Black Cats football Academy.

By providing nutritional meals, the programme ensures that these young people can attend training regularly without the burden of hunger or the pressure to seek unhealthy coping mechanisms.

Key outcomes include:

- Increased participation in sports activities
- Reduced idleness and vulnerability to negative peer influence
- Creation of positive role model for younger children within the community.
- Enhanced mental health and emotional resilience
- Improved physical fitness, stamina and sports performance

The programme is no longer solely a nutrition intervention, it has evolved into a child and youth protection strategy that uses food as a catalyst for education, personal development, social inclusion and community safety.

The expansion to 17,800 meals per month demonstrates the increasing pressure on programme resources. While the growth is encouraging, it also places additional strain on food supplies, cooking fuel, logistics and operational costs.





3. WHY SUSTAINABLE FUNDING IS URGENTLY NEEDED

The current increase with beneficiaries confirms that the need within the community is not decreasing but steadily growing. Without sustained donor support, the programme risks:

- Reduced meal portions or nutritional quality
- Inability to accommodate newly identified vulnerable children
- Interruptions in food supply and feeding schedule
- Increase dropout rates among children who depend on school meals for daily survival and end up being in the streets begging for food.

Investing in the program is not simply supporting food provisions, it is directly investing in:

- Quality of life. School meals look beyond basic hunger relief. They act as a foundational safety net that transforms a child day to day existence across multiple interconnected areas. These include physical health and wellness, cognitive performance, mental health and emotional wellbeing and family and social dynamics.
- Boosts access to education by incentivizing daily attendance
- Stabilizes marginalized communities by mitigating food insecurity.
- Drives long term economic growth by improving cognitive development and stimulates the rural economy by purchasing from smallholder farmers and traders particularly women and youth.
- Builds human capital by fighting chronic malnutrition and ensure stronger children who will grow into more productive, capable adults equipped to drive the national economy forward.

5. Conclusion

The school meals programme has achieved an important milestone with an 20.3% increase in reach, now supporting 535 learners daily. This growth reflects both the effectiveness of the programme and the increasing vulnerability within the community.

To maintain quality, consistency and nutritional standards while responding to rising demand, sustainable financial support is essential. Continued donor investment will ensure that vulnerable children aged 3-14 years continue receiving the nourishment necessary for learning, growth, dignity and hope for a better future.



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