



Dear Members and Friends of Nourishing Minds,

Ekwendeni Youth Resource Centre is a youth centre established by the Ekwendeni CCAP Hospital and the Church of Scotland, Geneva, Switzerland. The Centre is involved in many youth activities. Through the support from Nourishing Minds, the youth assist primary school learners by providing porridge each school day. The community and children supported greatly wishes the supporting team good health and thanks for their passion on the situation. It has proven that nutrition is an important component in the education of a child. Teachers and community members as well as parents of children targeted by the program during a review meeting, indicated that school attendance in supported schools improved up to 80%, while absenteeism reduced to 20%; school dropout reduced by 98%; passing rates improved by 78% from 46%. This shows that the program has greatly improved educational status of children. The biggest difference noted in the learning programs was in the hunger months of December to March each year. The support from the Nourishing Minds program has made these children realise their potentials. Nourishing Minds and Ekwendeni Resource Centre's ultimate goal is to enable communities to provide nutritional school feeding without a dependency on external funding.



Nourishing Minds feeding program is currently in 5 of 61 schools, covering 5,080 children (including 187 'guest' children below the age of 6 years). During the coronavirus outbreak and school closures feeding was decentralised into villages where children were coming from. It was easier to reach for children and especially under aged non schooling children would go and ask for their share. Due to Covid 19 the porridge was more needed than ever. We expect to have worse situations because hunger situations started earlier than before in the months of September in some households while the majority entered the month of October without food. It is a difficult situation because households do not have productive assets to support them due to depletion made during the Covid 19 saga. Even Christmas celebrations, more especially for children, will this year be a thing of the past. Beside the challenges, the program scored the best in the northern region feeding programs. The national plan Malawi has accredited Nourishing minds program because of its set up and operation. Food is coming from the locally available stuff generated from the community and by the community which is sustainable. Community leaders support in production and preparation as an indication of ownership and empowerment. Timely disbursement of resources from Nourishing Minds made everything possible and easy to implement.



The Resource Centre would like to thank all who made their contribution towards the running of the program in cash and kind. We understand commitment and passion that made everyone support the program.

Lastly, we wish you Merry Christmas and Happy New Year from Ekwendeni Resource Centre and Nourishing Minds here in Malawi.

Shupo Kumwenda

Volunteer Program Director

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