

# TABLE FOR TWO

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Number of meals shared to date (as of September 30th, 2011):

**10,053,892** Meals (TFT International)

**43,743** Meals (TFT USA)

(Enough to feed over 5,000 children for an entire school year)

Banda Nursery School, Rwanda

## Nursery School Feeding Program: Community Involvement as the Key

School meals at primary schools in sub-Saharan Africa not only support children's physical health, but also provide an opportunity for education. Nursery school feeding programs, on the other hand, are regarded as one of the most effective tools to improve young children's health status. Adequate nutrient intake during the first few years of a child's life is critical, as it affects health and growth for the rest of his/her life. Since September 2010, TABLE FOR TWO has delivered school meals to nursery schools in two regions in Rwanda - Mayange and Banda.

In many countries in sub-Saharan Africa, it is still rare to send children to nursery school. Unlike primary education, nursery schools are generally not supported by the government, with the burden falling on the community and households. However, nursery schools and school meals can play a key role in these communities. First, the nutrient-rich meals support the healthy growth of the children. It also allows the older brothers and sisters, who are school-aged, to attend elementary school as they no longer have to take care of their younger siblings. The nursery school feeding programs that TFT funds are thus supported by the entire community, from the cooking to the contribution of cooking fuel.

## Porridge

The nursery schools serve a type of porridge as the school meal. Sorghum and soy flour, fortified with protein and vitamins, are mixed into boiling water. In these communities, there is often limited opportunity for children to eat a well-balanced meal or to have three meals a day, and as most of the families are small-scale farmers, they cannot afford to produce a nutritionally-balanced variety of crops. TFT - through the nursery school feeding program - has been working to create opportunities for children to have a healthy and tasty mid-day meal.

### A Message from

#### TFT Executive Director Masa Kogure

When I visited Banda in June, a boy said to me in passing, "Hello teacher, how are you today?" I was astonished by how perfect his English was. While most of the parents in the region cannot read or write, much less speak English, their children are beginning to connect to the outside world. I realized yet again the important role that TFT's school meals play in providing children with education - critical in the fight against poverty.



TFT Executive Director Masa Kogure

### The Republic of Rwanda

- Capital: Kigali
- Ethnic Groups: Hutu 84%, Tutsi 15% and others
- Languages: Kinyarwanda, French, English

Rwanda is a member of the East African Community (EAC) with Kenya, Tanzania, Uganda and Burundi. With the goal of a unified market within the EAC, Rwanda is striving to boost up its domestic economy.



## Energy/Fuel: Produce Locally, Consume Locally

One of the key factors in maintaining school feeding programs in the long run is to secure a sustainable source of fuel. In Banda, Rwanda, the community produces an environmentally and economically friendly fuel called "briquettes." Briquettes are made using cardboard or woodchips, soaking them in water until semiliquid, pressing them into a tube shape, and letting them dry for a week. In Banda, briquette production began this past summer. It has created employment in the community, and the aim in the near future is for the entire energy source for the school feeding program to come from briquettes. The briquette program takes advantage of locally available resources to provide a key input into the sustainability of the school meals program.

- What is TABLE FOR TWO (TFT)? -

TFT is a social enterprise that simultaneously addresses malnutrition in sub-Saharan Africa and obesity (or "overnutrition") in the U.S., Japan and other rich nations. TFT designates healthy menu items at restaurants, corporate cafeterias and university dining halls, with 25 cents of the proceeds used to provide one school meal to children in Ethiopia, Uganda, Rwanda and South Africa.