

TABLE FOR TWO

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Community changes school meals

The Republic of Uganda is a country blessed with fertile soil and plenty of rain. Following Amin's regime in the 1970's Uganda has been able to recover economically with the support of other countries and now boasts one of the highest growth rates in sub-Saharan Africa. However, it is also a reality that only a small segment of the population truly benefits from the country's economic growth. Roughly 90% of Ugandans lives in rural districts, and lifestyle improvements in rural areas is one of the key goals for the country.

Ruhiira Village in the Isingiro District, where TFT provides school meals, is located in a rural area as well. The region relies on agriculture as its primary industry and the nutrition and diet of its population are heavily reliant on agriculture. In Ruhiira, bananas are the main staple. Though bananas are readily accessible and fill one's stomach, it does not provide sufficient nutrition. TFT provides *posho*, a porridge made from corn flour, along with beans and vegetable soup for its school meals. As nutritional needs are often not met at home, school meals are critical in supporting the children's health and growth. Simultaneously, the parents have changed their views towards nutrition as well. At the start of the TFT program, most ingredients were provided by TFT. However, beans and a local vegetable called *dodo* now come from the students' households. An understanding of the importance of nutrition has brought about increased commitment for the school meal program.



Number of meals shared to date
(As of Nov 30, 2012)

17,645,569 meals

Ruhiira Village, Ngoma Elementary School

Expanding Opportunities for the Future

Thanks to parents' and the community's cooperation, the children are now able to attend school regularly. With a full stomach, students are able to focus on their studies and this has resulted in improvements in their performance.

In Uganda, graduation exams are taken in 7th grade. Only children with the requisite scores are able to move on to secondary school. The number of students who were able to take their graduating exams grew 1.5 times in 2010 compared to 2007 when TFT first started the meal program. The number of students marked with excellent results doubled as well.



Ruhiira Village, Nyakamuri Elementary School

-What is TABLE FOR TWO (TFT)? -
TFT is a social enterprise that simultaneously tackles malnutrition in developing countries and obesity (and overconsumption) in the developed world through a unique "calorie transfer" program. For every healthy TFT menu item purchased at a participating restaurant or cafeteria, 25 cents is donated and used to provide one school meal in Uganda, Rwanda, Ethiopia, Tanzania and Kenya.

A Message from TABLE FOR TWO Executive Director Masa Kogure

Uganda was the first country I visited through TFT. I have never forgotten the moment I first stepped onto the red soil of Uganda, or when the children at Ruhiira village welcomed me and showed me around their school, constantly holding onto my hand. It is thanks to all of you who support TFT that the smiles on these children's faces grow bigger by the day.



Republic of Uganda

- Capital City: Kampala
- Ethnic Groups: Baganda, Langi, Acholi, etc.
- Languages: English, Swahili, Luganda, etc.

Uganda is tackling poverty by, among other things, increasing the variety of agricultural exports and focusing on creating added value for its products.

