



M.E.A.K - Report for Fondation Eagle: March 2021

MEAK Feeding Programme, Opiroi, Shabaa, Ngari, Ledero & Morijoi, Samburu County, Kenya

Donor:

Fondation Eagle, Switzerland

Donor's reference:

FF 0577 -121

Charity:

Medical & Educational Aid to Kenya

Date of acceptance:

19.02.2021

Date donation received:

30.10. 2019

Amount of Donation:

\$15,500.00 (\$14,708.00 net)

Duration of project:

15th – 20th March, 2021

Villagers outside their
manyatta with their
new metal bowls,
plates & *sufurias*



Estimated number of beneficiaries & mission costs:

In total, **829 households** received sacks of goods containing staples such as cereals, cooking oil, salt, cabbages & face masks. From the documentation provided by the team, the average number of dependents that benefitted from each sack of provisions was a minimum of 4 & in some cases, up to 14, as documented in Appendix 1). For the sake of clarity we have estimated at 5.4 persons per

household Thus, the **total number of beneficiaries was in excess of 4,476 people but could be many more than this.**



The total cost for the missions was **1,611,740 Ksh**,

Project background:

Samburu County is one of the 47 county governments in Kenya. It has three sub-counties (Samburu east, Samburu west & Samburu north) & is in the arid & semi-arid lands of Kenya. Most of the inhabitants of these areas are nomadic pastoralists, relying on favourable weather for fodder for the few animals they raise.

This mission took place in the north-east part of Maralal, occurring in response to a previous MEAK feeding programme where the team were shocked at just how many people were living in poverty in the Samburu County. The combination of the Covid-19 pandemic, ongoing drought, pestilence, poor levels of education, the lack of government support & poor government policy have plunged many into a downward spiral of poverty. In addition, some of the community who lived in and around the margins of a forest in the area had been unexpectedly evicted by the government and thus were living in very makeshift shelters.

Terrain in the area Maralal area



As a result of this, under-nutrition & malnutrition are very high amongst local people, who cannot afford to buy the staple household commodities, such as maize flour, which is often fortified with vitamins & minerals. In addition, the few animals they rear rarely survive for long due to pest & drought.

Project outcome:

Unsurprisingly, considering the great need, the feeding programme was extremely successful. **At least 4,476 people benefitted** from the distribution **829 sacks of provisions**, with each sack weighing **23Kg**.



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In addition, this mission introduced the distribution of metal cups, plates & cooking pots (or *sufurias*) with 40 households receiving 6 cups, 6 plates & one large *sufuria*.

Some households who were visibly particularly destitute received an extra *sufuria* in addition to the above & extra food rations courtesy of JM Good Hope Schools. They donated a few sacks of maize, beans, rice, sugar & porridge flour which could not be used due to prolonged school closures.

Lastly, a few bundles of locally donated clothes helped provide clothing for some of the children in the community.

Project report:

Once again, the project was run by MEAK Kenyan representative, Teresa Wanjiku Nyawira, who managed the programme logistics in an extremely professional & efficient manner. She works tirelessly together with her efficient team of helpers, including her son Alex Thiru, who documents & photographs the missions for these reports.

The mission was planned in collaboration with local administrators & in particular, Chief Robert of Maralal. The team found him vital to the success of the project as his administration understood the mission objectives & were able to assist in:

- Reaching villages & townships across the vast & inhospitable Samburu terrain,
- Translating languages,
- Helping with reaching marginalised & remote people who were truly suffering & who might have otherwise been missed; and
- Helping the elderly & disabled to get the heavy packages back to their homes, where necessary.



Delivery of sacks of goods to households in need

In addition to collaborating with the local area administration, the team worked with the police to conduct the feeding programme. This was to maintain order when handing out such valuable items to the community. This ensured the mission ran smoothly & the maximum number of people benefitted.



The mission began when the 9-person MEAK team purchased, transported, stored & then sorted nearly 30,000kg (30 metric tonnes) of foodstuffs into individual packages, which were placed in MEAK-printed reusable sacks. The team worked from the same central point in Nairobi & used the same casual helpers they had previously employed to weigh & pack the large sacks of dry goods into smaller packets for distribution, which took nearly 2 days. This also had the side benefit of providing much needed employment during the pandemic to these individuals.

The completed sacks were loaded onto two trucks for the journey to the Samburu, which itself took half a day just to load the trucks. The journey to the Maralal area began at 03:00am and by 09:00am the team responsible for distributing the sacks had arrived in time for breakfast & then to start the rewarding work of distributing the sacks. In order to reduce costs, one of the trucks was released after the second day of the mission once a large proportion of sacks had been delivered.

MEAK trucks on the road to Samburu to carry out the mission



The first day of the mission was a dedicated mass feeding day, where the community are mobilised to common area & the sacks were distributed together with the local area chiefs. The remaining two days were given over to 'door to door' services, where the sacks were hand delivered to those who could not attend the first day due to various circumstances, such as illness, age & extreme poverty, such as not being able to afford transport to the distribution site.

The standard food ration was distributed, despite price increases for foodstuffs (see challenges, below). Quality, nutritious food was purchased in order to feed the malnourished community with carbohydrates, protein, fats & vitamins. Soap was distributed to address hygiene, although the lack of

water may hamper it's use. Lastly, Theresa gave instruction to the crowd as to how to wear the face masks properly for protection against Covid-19.



Sadly, the team found that the number of people who were starving & could not even find a single meal per day was very distressing. Extra food rations of either an extra package or cabbages were provided to certain households who were judged to be in exceptionally dire & distressing circumstances. These were provided by a local benefactor from JM Good Hope Schools, Mr Wambugu. They donated a few sacks of maize, beans, rice, sugar & porridge flour, which were made available the schools were closed for unexpected very long holidays due to the pandemic.

The contents of the main sacks (not the additional sacks) were as follows:

- 10kg maize
- 5kg rice
- 3kg beans
- 1.75kg sugar
- 2kg millet porridge flour
- 1 - 2 cabbages
- 1kg salt
- 1 litre cooking oil
- 1 kg bars of soap,
- 250gm tea leaves, &
- 1 or 2 face masks

Mission logistics: A procedure has been established for each feeding program, which runs as follows:

1. The MEAK team arrive
2. Brief introduction from the area Chief to the villagers, who are already seated and waiting.
3. Hand sanitizing, temperature recording & a MEAK voucher card is issued. This gives priority to the elderly & disabled.
4. Issue masks
5. Some small snacks handed out to the children
6. Teresa introduces MEAK & describes the contents of the sacks, while the team delivers food sacks to people while they are still seated. While this is ongoing, one of the MEAK team is recording the patient details & temperature data on the database.
7. Cabbages issued
8. Soap issued & the vouchers collected back from the community
9. A vote of thanks from the locals & dances & everyone free to leave



Lastly, collaboration with the local area officials & the police to obtain the necessary permissions from

the to conduct the programme & to have them support the distribution ensures order was preserved for the distribution of the sacks.



Project impact:

This was another highly successful project, thoughtfully resourced & carried out in a timely manner with thousands of people benefitting from the mission.

Thanks to collaboration with the local area chiefs, a broad cross-section of the community benefitted, including those that could make the mass distribution area, such as the elderly & unwell.

In addition to the nutritional benefits of the programme, it also provided short term employment for some members of the community, such as those involved in the weighing and packaging of the foodstuffs and distributing the sacks. In these unpredictable times with many finding themselves suddenly out of work with the collapse of the tourist and other industries, this was a very fortunate & welcomed additional benefit of the project.



Theresa and Chief Robert address the crowd on the first day

Budget details

On this mission 829 sacks of provisions were packaged & distributed. The total cost for this mission was 1,611,740Ksh (approximately \$16,000.00 an exchange rate of \$1 to Ksh 100).

This represents an approximate overspend of \$1,292.00 from the grant amount of \$14,708.00, which has been funded from MEAK reserves.

MEAK is in receipt of 13 folios of numerous small invoices & receipts, which comprise the expenditure above, along with an excel spreadsheet containing names, genders, ages, & number of dependents of each of the recipients of food parcels. This has been included as appendix 1 as a separate document.



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Feeding Programme Accounts For Maralal - MARCH 2021

Folio No.	Quantity	Type	Description	Price Ksh	Total Ksh
1	36	cartons	packets Kenya salt x 20	610	21,960
2	24	sacks	90 kgs Beans	7,150	171,600
3	17	sacks	90 kgs Millet porridge	9,050	153,850
4	1000	loose	cabbages	23	23,000
5	56	sacks	90 kgs maize	2,750	154,000
6	1000	pieces	washable face masks	65	65,000
8	29	sacks	50 kgs sugar	5,200	150,800
9	87	sacks	25 kgs rice	2,180	189,660
10	60	cartons	fresh fry oil x 12	2,500	150,000
11	18	cartons	Eden tea x 40 packets	3,620	65,160
12	72	cartons	Ndume soap x10 bars	1,150	82,800
13 - 31	Miscellaneous purchases as per separate folio provided to include labour for weighing, packing and loading sacks and bags of individual foodstuffs - sanitizer spray & bottled water - car fuel - packaging bags and printing - hire of two lorries - Accommodation & meals for helpers, gratitude's and aid, cups, plates and cooking pots, all as receipts provided				383,910
	Total				1,611,740

Summary & thanks:

Once again, this was a very successful mission to small townships near Maralal who are suffering at this time. 829 households received sacks of vital provisions, with the most in need also benefitting from the distribution of extra cabbages & household items, such as cups, plates & sufurias. In total, at least 4,476 people benefitted, but the number benefitting could be more than double this, depending upon the size of the household.

As always, collaboration is key to a successful mission. Local support was given by district administrators, chiefs, sub-chiefs & the police, who all helped ensure the distribution process ran smoothly & no area of the community was overlooked.



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The MEAK / Fondation Eagle feeding programmes are of enormous benefit to the recipients, which was very obvious by the queues of people & the heartfelt thanks the team receive when they handed over the generous sacks of provisions. MEAK whole-heartedly supports the decision to focus on food distribution currently, when other projects are either difficult or impossible.

We are extremely grateful to the team, led by Teresa Wanjiku Nyawira & Alex Thiru who carried out these missions with expert local knowledge & skilled logistics.

Once again, MEAK wishes to thank Fondation Eagle for the generous grant that has enabled the programme & we very much look forward to carrying out further programmes soon.



Young men preparing to carry home their sacks of goods