

THE YEAR HAS BEGUN WITH JOY- WE THANK GOD.



It is so encouraging and gratifying to see these children happy. From the month of October, it is a lean period for food in most of the households in Malawi. Most village families eat one meal a day and they have to choose which time of the day they are to take this meal. This is such a predicament for children living with HIV & AIDS all meals are so important to them like any other person but even more for them because they cannot take their medications on an empty stomach. The lean months is the time when most of them stop taking medications and we see a lot of sicknesses and deaths. So far through the other months we have provided food parcels to children who are undernourished but this was so hard on our side because each of them needed this food. You can imagine making a choice among the vulnerable.

In the month of January, we bought extra soy meal and other food stuffs so that instead of providing for the undernourished only, we should give to everyone. We know that this just a ration and will not last long but for the period they can have it, at least their tummies will be filled and they will take their life saving medications. We provided rice, soy flour, milk and sugar to all the 72 children. It was such a joy! Apart from the take home food parcel, we also organized a Christmas party in January. This was deliberate because hunger is at its peak in the months of January and February so we wanted



them to at least have a good meal. It was a joyous moment of eating, drinking and dancing! Children had a ball.



Time to go home and our food parcels were taken home. Left overs of the prepared meal were also taken home for dinner. For the next few days though few these days may be, we were assured that children will eat and they will take their medications.

