

## My Source of Joy

Good nutrition is of paramount importance especially for children with special needs. Justus, a special education teacher, was always saddened by the fact that the children he taught lacked even some basic nutrient giving foods such as green vegetables. So when he participated in a training on kitchen gardens last year in Narok, he was overjoyed about the possibility of him helping start up a vegetable garden to be able to meet the nutritional needs of the children he worked with. On going back to his work station, he began a roof top kitchen garden in the school, that has provided for 50 children with life-giving nutritious meals. He is motivated to keep going and now tells a different story of joy and satisfaction as he goes on with the teaching. The training has not been a way to help meet the needs of his students, but also a huge source of satisfaction and fulfilment to him



## Family First

After lessons on children's CHE, Steven a teacher in Nguluni, an urban slum in Nairobi, realized the need to focus on the area of parent-child relationship which in a great way trickles down to their academic performance. He began visiting homes of students to find out how they were doing. During such visits he would encourage parents to be more involved in the lives of the children. The performance of children in school has now improved and the parents attend the meetings in school and check their children's progress regularly.

## New Methods of Farming

Timothy didn't believe vegetables could grow in his farm. He, like other community members, has always grown maize and beans, which over time, were also doing poorly. From the CHE trainings, he has not only learnt the importance of growing and eating vegetables, but has also learnt new farming methods that improve the soil for better yields. To his surprise the vegetables grew really well. His other crops were doing so much better too. His neighbors saw the great change and have expressed interest in learning the new methods of farming. He has since begun harvesting from his kitchen garden.



We thank God for our teams in different parts of the country who have consistently and diligently served in the different communities. Pray for them, their families, that God will protect them from covid and other ailments, and that God meets their needs and increases their ministry.

*But blessed is the one who trusts in the LORD, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.*