



ISSUE FIVE – Autumn 2020

Welcome to this, the 5th edition of our online Rafiki magazine especially designed for Primary School children. We're sorry we were not able to produce a magazine last term due the pandemic, but now we are back again.

While schools in the UK are back at work, in Kenya the government is still making arrangements for schools to start again next January. However we believe that some 14 year olds may return in October.

The following has been sent from Kenya. An account of how they have been affected by the lockdown from a child's viewpoint:

"We will live to remember this date the 13th of March 2020, when the President of Kenya ordered the closure of all learning institutions and other facilities offering non essential services. This came after the announcement of the first Covid 19 case in Kenya. Ever since that day life has never been the same again. We were ordered to stay at home and this meant that parents could not go out to look for jobs. Many people lost their jobs. We did not have enough food because there was no money. There was also shortage of food in the market and therefore the prices went up. Many families were forced to adjust to having two meals (breakfast & dinner) on a lucky day or just one meal (dinner) per day for survival."

On the next page is a new challenge: Can you eat like a Kenyan?

There are some suggested recipes for basic food items that many Kenyan families eat daily. Some of our adult supporters are doing this too. If they save any money on their usual food bills, they will donate the difference to help with the feeding programme at Unity School.

Rafiki Magazine is an on-line Newsletter published by The Friends of the Mombasa Children C.I.O.

Registered Charity Number 1125625

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Eat Like a Kenyan

Cooking and eating Kenyan food—a fundraising challenge

Could you live off Ugali and Kale or other basic Kenyan food for a day or a week?

Not everyone in Kenya lives in poverty; many people live and eat very well. You can find exciting Kenyan recipes on the internet. However, this is not the fortune of most of our pupils. They and their families survive on the most basics of food. Hence the importance of our feeding programme where everyone receives a hot meal every school day. Since the lock-down there have been no school lunches but we have helped our poorest families by providing basic foodstuffs.

Try cooking and eating like one of our Kenyan families for a day or two, even a week if you're more ambitious. We asked our teachers what some of our Kenyan families will be eating.

"Basically during normal times, before Covid, typically over 70 percent of Kenyans cannot afford three meals a day. The most they can afford is basically lunch and dinner. We do not have the luxury of a balanced diet. Typically most of our dinner consist of maize flour meal (ugali) and some greens. (Personally, when growing up I was led to believe that without Ugali for dinner it would be assumed you had been starved).

Therefore even the common one meal they can afford is Ugali and Sukumawiki. which is more affordable."

You can find the recipe for Ugali in edition 1 of the Rafiki Magazine (Look it up on the website)

The recipe for Sukumawiki is here

Sukumawiki (Low carb) Literally means "Stretch the week" If you look for this on a website it will probably include optional beef, most Kenyan families eat this with Ugali and no meat.

A bunch of collard greens about 6 cups chopped, eg Kale, or similar.

2 tbsp [olive oil](#)

1 onion

2 tomatoes diced

1/2 tsp [cayenne pepper](#)

1/2 tsp [bouillon powder](#)

1 tsp salt

1 tsp [black pepper](#)



Ugali served with Sukumawiki

Instructions:

Saute onions in olive oil on medium heat

Add chopped tomatoes and stir for about 2 minutes.

Add cayenne pepper, bouillon, salt, and black pepper.

Cook for 5-10 minutes on low heat.

Add chopped collard greens.

Stir and cook for 3-5 minutes or until your preferred crunchy level.

Remember to ask for adult help if you need it. Knives are sharp and oil will be hot.



In a previous edition there was a story about “Living Stones.” Here is another African story, also about a tortoise.

One day, Baboon invited Tortoise for dinner. It took Tortoise a long time to get there, and when he did, he knew he had been tricked. Baboon pointed to the top of the tree. ”There’s our dinner,” he giggled, bounding up the tree. “Come and get it!”

Tortoise was no tree climber, so he had a long, hungry walk home. On his way he decided to get his own back, and the next day he invited Baboon for lunch.

There were a lot of bush fires that year, and Tortoise lived beside a large patch of burnt and blackened earth. When Baboon arrived for lunch, Tortoise told him off. “Your paws are as black as soot. Run to the river and wash them.”

Baboon did as he was told, but then he had to cross the burnt patch and get his paws dirty again. Tortoise sent him away and so it went on until Baboon finally gave up.

Tortoise enjoyed his lunch.



Learn Swahili

The Swahili translations of these family words are all muddled up.

Can you try to pair the English and the Swahili?

Answers in the next edition.

Mr	Kaka
Mrs	Dada
Miss	Mjomba
Mother	Bibi
Father	Bwana
Daughter	Mwana
Son	Birli
Sister	Babu
Brother	Bi
Aunt	Baba
Uncle	Bibi
Grandmother	Mama
Grandfather	Shangazi



Book Recommendations

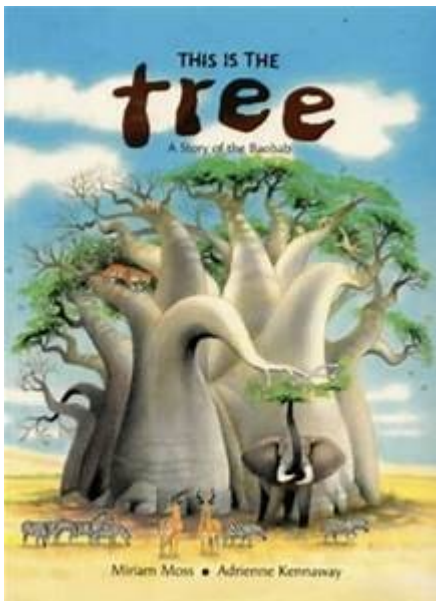
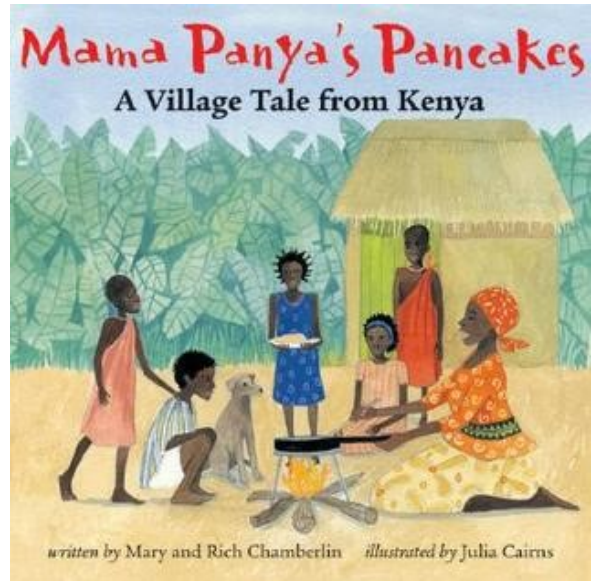
If you like reading African stories try these:

Mama Panya's Pancakes

Mary & Rich Chamberlin

A village tale of Adika and "a little bit and a little bit more." A story about the rewards of sharing.

Highly recommended—but you might need to make some pancakes once you have read it!



This is the Tree - A Story of the Baobab. Miriam Moss

The ancient and curious **baobab tree** is the centre of this evocative and informative book about the wildlife of the wide African plain. Old as a volcano, the distinctive 'upside-down' **tree** has great cultural significance and plays a central role in the lives of numerous and varied creatures.

Stop Press!!

We have just received information that pupils in Standard 8 (14 years old), and grade 4 (10 years old) will return to school next week. Term will last until 23rd December. Kenyan schools usually close for much of November and December because it is very hot.