



*Thank you for all the support you have given to our students and teachers during the pandemic.*

## **Schools in Kenya prepare for the return of students**

The Government of Kenya are anxious to get learners back into schools and colleges where it is safe. To this end they have issued a 33 page document on requirements that need to be met before the pupils can return in January. There is some confusion but it appears that Standard 8 students (our 14 year olds) can return in October. Since there are 35 students in Standard 8, there will be no problem in distancing them. School managers and teachers are now working hard to conform with all the requirements, not least, the purchase of hose pipes to run clean water to the school entrance and classroom doors for hand washing.

Madam Mary—headteacher has sent the following—as seen through the eyes of a student:

*“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. The menu would be Ugali and kales or if they were lucky enough to have breakfast they could have black tea and mahamri. Black tea is made from hot water mixed with sugar( for those who could afford) and tea leaves. While mahamri is made using wheat flour mixed with spices, baking powder (sodium bicarbonate), sugar, yeast, small amount of water. then deep fried. The cost of one piece of mahamri is Ksh. 5 from food vendors.*

*It was very difficult for parents to stay at home and watch their children starve to death. They had to go out and find something to do like washing clothes, carrying loads at the market place or other odd jobs. Some of them were forced to move out of their houses which were connected to electricity and moved to cheaper houses which are single roomed with no electricity supply. This caused another challenge to children who had school work to do for instance those children who used to pick homework packs from Unity school. Most families faced a lot of challenges for example lack of water to wash their hands regularly, lack of soap, crowded houses hence no social distancing and so forth. But we thank God for the Charity who came in and helped these families in a very great way. They received food stuffs like rice, maize flour, sugar, cooking oil and soap which was very essential. May God bless you all for praying for and with us during this tough period and for your continuous support.”*

## **Is anything happening in UK ?**

With the return of restrictions on meeting in groups, it looks increasingly unlikely that we will be holding an Autumn sale, or even a Christmas Tree Festival. Some goods are being sold on-line. Turn to the next page for another fun, fundraising opportunity. Pictures and comments on your success (or otherwise) at cooking Kenyan food, will be welcome. We will publish the best, or most entertaining in our next newsletter. Send your pictures to [c.azzaro@mombasachildren.org.uk](mailto:c.azzaro@mombasachildren.org.uk)

**In the next Newsletter** —news on our Secondary school students and undergraduates.

## 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. In our Newsletters since March we have reported how we are helping our poorest families during the pandemic. This has given us an idea—just for fun and a bit of fundraising to keep the feeding programme going.



Try cooking and eating like one of our Kenyan families for a day or two, even a week if you're more ambitious. Hopefully, it will cost you rather less than your normal food bill for that period. Then donate the difference to Friends of the Mombasa Children so that we can continue with our feeding programme.

On the left: Two boys with plates of beans and rice, this alternates with maize and rice. Once a week they might have pilau, but no meat. If you find a recipe for pilau it will say that it is eaten with chicken or beef. I've been served pilau with goat. For the poorest families meat is a luxury.

I 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)*

*Since Covid so many families have been affected due to loss of their livelihood. Coastal Kenya is known for tourism and hotel industry. Famous places like Akamba handicrafts, Haller park, Bombolulu workshop etc which depend of tourism died. There's literally none who can visit them now. Therefore basically many families can only afford one meal which is dinner as they have to go and look for odd jobs—very low paid. Therefore even the common one meal they can afford is ugali and sukumawiki. which is more affordable."*

To get you started we have published a few recipes with this newsletters. Our children's newsletter "Rafiki Magazine" has published several easy recipes and the back numbers can be found on our website. ([click on News and Events](#), then click on [Rafiki Magazine](#)) There are also many Kenyan recipes to be found on the internet.

You can donate to Friends of the Mombasa Children via

<https://uk.virginmoneygiving.com/charities/mombasachildren> Please add the reference "Food"

Or by on-line banking: our Treasurer Khatija Volk or Carol Groves can give you more advice.

## Recipes

### Ugali

This is a very stiff maize meal porridge. Actually, it's about the consistency of play dough.

4 cups water

3 to 4 cups maize meal *tip— 2 cups is actually sufficient and use a pan, such as wok that make it easier to tip out the cooked Ugali.*

1. Bring water to a boil in a pot.
2. Add the maize meal and stir to prevent lumps.
3. Add more maize meal to make a thick porridge.
4. Keep stirring until the maize meal is well cooked.
5. Tip out onto a plate – the ugali should hold its shape.



Makes 4 servings. Best served hot with sukuma wiki, - see below. Many families will eat Ugali with kale or similar. When served in restaurants it usually accompanies curry, or meat with rich gravy. Usually presented in a dome shape and cut into slices.

Ugali is a gluten free, sugar free, and fat free food.

**Sukuma Wiki** (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](#)

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.

If using beef, add it and stir. (Prepare the meat in advance)

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.

Serve with cauliflower rice or low carb fufu



### Rice and Beans or Maize

The lunch served at Unity School is often, Beans and rice or Corn and rice. The beans have to be shelled and then soaked overnight before cooking. In the UK you could buy beans ready to use or tinned beans.

### Mukino

Mukimo is a traditional food in central Kenya. This traditional dish is made with potatoes, peas, corn, and onions.

Ingredients: 1 cup of peas 2 cups of maize 1 leek n spring onion 1 bowl potatoes Salt to taste Baking soda A bunch of pumpkin leaves

Method: Peel the potatoes. Boil the peas and maize until they are ready. Use another pan to boil potatoes until they are soft. Blanch, the pumpkin leaves, add one teaspoon baking soda and blend. Fry the leek and onion in oil until they turn translucent. Mash the potatoes, peas, and maize. Add the pumpkin leaves and onions. Serve with your favourite stew.

## Pillau

At school this is served about once a week. Meat is only added on special occasions. The children in the orphanage usually have this on Christmas day with beef.

Ingredients:

1 cup of Basmati rice (You can use any type of rice you wish) 3 tbsp of vegetable oil or olive oil (if health-conscious)

Optional—2 cups of chicken breast chopped—You can replace the chicken with beef—in Kenya the meat is often goat.

½ cup of finely chopped onions, ½ teaspoon of green pepper, 2 green cardamoms, 1 medium-size cinnamon stick, 1 tbsp ginger paste, 1 tbsp garlic paste, ½ teaspoon saffron or turmeric, 2 to 3 cups of boiling plain chicken broth or you can also use a chicken flavour cube. Mix it in two cups of mildly hot water, ¼- ½ cup of coconut milk, 1 tablespoon coriander powder, 2 tablespoons of pilau masala, Salt to taste

Method:

Put a pan on the flame. Heat the oil in medium heat. Add the chopped chicken breast on the pan and stir it until the colour of the chicken becomes golden-brown. Now, transfer the fried chicken to another vessel. Now, in the same pan, add oil again and add the whole spices. When the whole spices start crackling, add the chopped onions and green peppers. Fry all the above ingredients until they turn golden-brown. Now add the ginger and garlic paste. Stir it until the garlic smell is gone. Then add the turmeric/ saffron and stir for another minute. Now add the fried chicken and rice into the pan and stir it well. Now, in a separate bowl, add the coconut milk with the 2 cups of hot chicken broth. Now, add the coconut mixture into the pan and stir it well. Cover the pan and turn the heat into medium and wait for 20 minutes until the rice is dry. Serve the pilau in a serving plate. The above recipe will serve a family of four. Serve it hot

## Chapati

Can be found in most UK supermarkets, originated in India as a dry flat bread, but the Kenyan version is cooked with much more oil. Sometimes eaten as a snack. When served with dishes like pilau it is used instead of cutlery to pick up food.

Another popular snack food is **samosas**—small vegetable samosas are sold on the streets, The more expensive cafes sell meat versions but beyond the pockets of many Kenyans.

Small **potatoes** are also sold on the streets at about 1p each, so is roasted **corn**. - we would call it “Corn on the cob”.

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**Carol's Bike Ride** in case you missed the facebook or website posts, Carol and Steph completed their cycle ride in August and raised the magnificent sum of £1760.

**Friends of the Mombasa Children C.I.O. is a registered charity number 1155625**

**There is more information about Unity School, Mombasa and all our activities on our website:**

**[www.mombasachildren.org.uk](http://www.mombasachildren.org.uk)**

**Keep up to date by looking at our face-book page:**

**[www.face-book.com/mombasachildren](http://www.face-book.com/mombasachildren)**