



Lishe Bora Mtaani | Nutrition Center

All young children deserve to thrive in Kibera and beyond

The Center

Lishe Bora Mtaani operates in the same region as Tabitha Medical Clinic and the Community Health and Wellness program, which allows for a strong continuum of care, including active case finding for malnourished children, growth monitoring and promotion, deworming, and vitamin A supplementation. Focused on bringing severely malnourished children under five years of age back to full health, treatment at the center consists of an 8-week feeding program.

Healthy Development

Unlike other nutrition programs that only focus on feeding children, Lishe Bora Mtaani also incorporates both early childhood and parent education across its scope of services. Early childhood educators provide educational instruction and support developing social skills, while providing three nutritious meals per day.

Parents & Caregivers

As part of the program, the parents and caregivers of children in treatment receive health information and instruction for preparing nutritious meals for their families without increasing their daily budget. Additionally, parents and caregivers are educated on best practices in hygiene and sanitation to help keep their families healthy.

Community Health

Community Health Volunteers also work in local early childhood education centers training teachers about nutrition, child development, deworming and vitamin A supplementation. After receiving this training and with support from the local health system, teachers are able to deliver deworming medication safely.



▶ **5,900+**

children under 5 years of age assessed for malnutrition

▶ **8,500+**

household health visits

▶ **36**

average # of children under 5 years of age treated for malnutrition