

Case study – Emergencies

AFTIN'S STORY KENYA



Summary

Northeast Kenya has been through droughts for the past several years that have caused a severe increase in malnutrition and chronic hunger among children and families in the region. Many pastoralist families are losing their livestock because of chronic drought and economic hardship, and are having to settle on the edges of towns and cities to scrape a living through local employment. It's a radical change in lifestyle that makes them dependent on the local markets – and vulnerable to fluctuations in food prices, wages, and currency values.

Aftin is 12. He lives in a small settlement of former pastoralists who've lost their livestock and livelihoods. Because families like Aftin's can no longer rely on livestock to provide them with milk and meat, their diets tend to lack protein – so more and more children are becoming malnourished, because the prices of protein rich foods like milk, meat, and beans in the local markets are simply too high.

Aftin's Story

“My name is Aftin and I'm 12 years old. I live in a small village outside El Wak, Kenya. The place we live has a scorching sun. We have some goats that were given to us by a relative, but here hasn't been rain for a long time, so there's no grass for them to graze on any more. If we had rain, they'd be able to graze and provide us with milk and meat. Now we have to feed them from our own grain supply just to keep them alive. They've become a liability.”

We Save the Children  Will you?

“My father works as a truck loader in town. Before, the money he earned was enough to buy us food, and we ate three meals a day. We had tea and flatbread for breakfast, rice for lunch, and meat for supper. Now, we don't have any food to eat during the day”



“I only eat one meal a day. In the morning I have one cup of black tea and then another cup in the middle of the day. In the evening I usually eat some boiled cornmeal or sometimes even some small potatoes. This isn't enough to keep me going through the day”

I also have younger sisters though, and sometimes I find that they're so hungry that they're crying. So I often end up giving some of my portions to them so that they can eat well.

I go to primary school and I'm in grade six. At school, I feel tired most of the day and weak with hunger. Sometimes, when I'm sitting in class, I feel really dizzy and my vision gets blurry – it makes it hard to see the blackboard. I have a hard time concentrating on the lessons that the teacher is giving us. So learning can be very difficult for me. But I like going to school because I think it is very important to have knowledge. We are a poor family, so if I can go to secondary school and then college, I will eventually be able to do something that could help my family. I want to learn so that in the future I can get a job where I can help my family. I would like to become a doctor so that I could help the people in my village who are sick.”

Kenya What we do

We've been working in Kenya since 2001. The government there declared an emergency on 16 January 2009 as 10 million Kenyans are struggling without enough food to eat. Global food prices have reached their highest since the 1970s, while food reserves are at their lowest for 30 years

We're running a programme providing families with vouchers to buy milk, meat, and beans in the local market so their children can get some protein-rich food in their diets.

We're feeding the most vulnerable children and mothers, and we're treating children suffering from malnutrition. We're giving families livestock, such as goats, to be able to help them through the crisis.

Cost examples

£7 will provide a weeks supply of Plumpy'nut®

£36 will provide a family with two goats

Aftin Age 12



Aftin studying at home

