

How to get involved



Give a one-off donation

For £10 you could feed 20 children in nursery for a week



Set up regular giving

£2 is enough to provide school meals for a child for a whole month



Spread the word

We'd love for you to tell people about it!

100% of all donations designated for the feeding projects will go directly to these projects.

How to donate

You can donate by heading to our website and clicking on the donate button. You can also find out more about Comfort International's other projects, resources and opportunities including trips to Africa, Christmas gifts, volunteering vacancies, latest news and so much more!



SCAN ME



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Comfort International Feeding Projects



a little can change a life



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a little can change a life

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SCIO SC030369



Feeding Projects

Comfort International is a Scottish charity fighting hunger in Rwanda, a tiny landlocked country in central Africa, where many children in rural communities still go hungry every day. For as little as £2 a month, you can make a real difference to those children's lives and make sure they don't go hungry at school or nursery this term.

What's it all about?

Comfort International works with trusted local partners and supports two projects tackling hunger among Rwanda's poorest communities - the Nursery Nutrition Project and the School Feeding Program. This is for three main reasons - to reduce the prevalence of child malnutrition in Rwanda, to improve school attendance and performance, and to bring happiness, health and joy to as many children as possible through food.

“The culture was that our children did not study. We do not want this generation to grow up facing what we faced. We want to correct the mistakes which were made before. The whole vision is of children studying so that when they graduate they will help develop this area, educate the next generation and the development will continue. We want to create leaders for our future.”

Birara Nursery Head Teacher

Nursery Nutrition Project

The nursery nutrition project is providing meals for nursery-age children who are most at risk of malnutrition. This project is based in a specific area of Rwanda called Bisesero. During the 1960s to the early 90s Tutsi children in this area were targeted for ridicule, bullied at school and excluded from secondary education. This meant many children were discouraged from school and ended up staying home to look after the cattle in this dominantly agricultural area, where most families are subsistence farmers. Many are very poor and have little or no spare money to buy food. There are often extreme food shortages between harvests. Many children in the area experience hunger and show signs of malnutrition.



In July 2019 a nursery school was built and a malnutrition programme was set up in 2020 aiming to improve child health and encouraging attendance at nursery. If children are more likely to attend nursery, they are more likely to attend and participate in school life in the future. There are about 70 children registered for the malnutrition project, all between 3 and 6 years of age.

School Feeding Program



The Rwandan government is subsidising the cost of school meals for children in Rwanda but the school requires a contribution from the family of 2,000 rwf (roughly equivalent to £2) per month per child for school meals. However, many families in this area are so poor that they cannot afford this for some, or all of their children. Many of the children need to walk long distances to get to and from school, and walking home again in the middle of the day to get food is not an option. Therefore, if they can't afford to pay for school meals, they often go the full day without eating, making studying and learning so much harder. Some families are forced to choose one or two of their children to eat meals for a month while the others look on, hungry. This is not a choice any family should have to make.

Supporting the School Feeding Program means that more children will have access to school meals and will be able to concentrate on learning and growing, and not on where their next meal will come from.