



**comfort
international**
a little can change a life

Welcome to Comfort International

Thank you so much for supporting one of our feeding projects in partnership with Good News International (GNI). We are so happy to have you on board. Comfort International relies on the generous donations of people like you, and we really believe that a little can change a life - because we've seen it in action! We have two feeding projects with our partners GNI. In this letter you'll find out a little bit about them, and the difference your regular or one-off donation will make to the lives of children and young people fighting hunger in the country of Rwanda.



Good News International and the Feeding Projects

Comfort International has been working together with our trusted partners, Good News International, in Rwanda for many years. They have worked since the Rwandan genocide with survivors and communities to help bring healing, reconciliation and purpose for those who have been scarred and traumatised by conflict and poverty.

GNI has recognised the desperate need in the next generation, particularly in those most at risk of hunger and malnutrition. They are tackling this with two main projects: the School Feeding Programme and the Nursery Malnutrition Project.

School Feeding Programme

The Rwandan government is subsidising the cost of school meals for children in Rwanda but it is not enough to pay for the food, and the school requires a contribution from the family of 2,000rwf (roughly equivalent to £2) per month per child for school meals. However, many families, especially in the Bisesero region of Rwanda, are so poor that they cannot afford this for some or all of their children. This is an area that mainly relies on subsistence farming. Many of the children need to walk long distances to get to 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. By supporting the School Feeding Programme, you are providing school meals for a Rwandan pupil.



**comfort
international**
a little can change a life

Nursery Malnutrition Project

This project is based in the Birara nursery in the area of Karongi. Bisesero children are affected by two main challenges – a historic lack of school access and food shortage which tends to hit the children worst. In 2020 a feeding programme was set up at the nursery. At Birara nursery in 2022, out of 76 children, thirteen (17%) exhibited malnutrition symptoms, including kwashiorkor. A visit to the nursery confirmed this visually. Over half of those had quickly begun to show improvement when supported through feeding.



A malnutrition programme tackles both issues – it improves child health and encourages attendance at nursery. By cementing nursery attendance the programme embeds educational participation and school attendance into child and family daily living patterns. The school head said, *"So the culture became 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."*


Your donation can change lives

By partnering with Comfort International and Good News International, and donating to one of these projects, you are making a direct impact in the lives of young people struggling with hunger in Rwanda, and investing in their future. We don't think any child should have to worry about where their next meal should come from. By providing meals for a young person in school or nursery, you have allowed them to concentrate on the things that should matter to a child; playing with friends, listening to their teachers, playing sports and looking to the future. Thank you so much for being part of this. We look forward to sending you updates on how the projects are getting on in the future!

Find out more

To find out more about the Feeding Projects or any of Comfort International's Projects, visit our website and social media.

 [comfortinternational.org](https://www.comfortinternational.org)

 enquiry@comfortinternational.org

   [comfortinternational](https://www.comfortinternational.org)