

# Pass the Porridge



Your gift of **Porridge** for families caring for a child with a disability is packed with essential vitamins and minerals ... for growing bodies and minds!

*Your gift delivered in:*

Kismayo,  
Jubaland State,  
Somalia

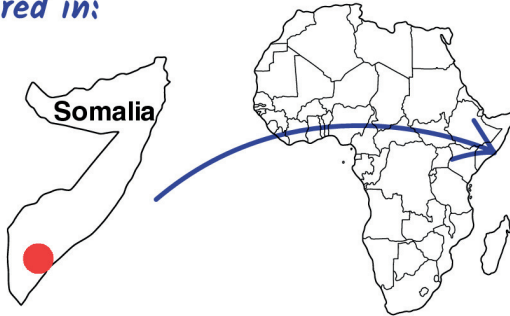


Photo: LWF/Albin Hillert

<p><i>What you give</i></p>	<ul style="list-style-type: none"> <li>• <b>10kg of porridge meal:</b> wheat, sorghum, maize and rice</li> <li>• Fortified with vitamins and minerals for healthy development</li> <li>• For families who have a child with a disability</li> <li>• Delivered through the Education Assessment Resource Centre run by LWF Kenya-Somalia</li> </ul>
<p><i>Why your help is needed</i></p>	<ul style="list-style-type: none"> <li>• Years of conflict means millions of people have had to flee their homes</li> <li>• More than 4 million Somalis now live in IDP Camps (IDP = Internally Displaced Person - like a refugee, but in your home country)</li> <li>• Here, families rely on food aid</li> <li>• In rural areas, drought means livestock die and crops don't grow</li> <li>• 70% of people live on less than \$2 a day</li> </ul> <p>... all of which means more than 1.5 million children are malnourished</p>
<p><i>How your gift changes lives</i></p>	<ul style="list-style-type: none"> <li>• Children have the nutrition they need for growing bodies</li> <li>• There is less risk of stunting, and they can concentrate at school</li> <li>• They have the best chance to get a quality education ...</li> </ul> <p>... so in the future they can break free from the cycle of poverty!</p>



*"I am really thankful to ALWS and LWF for providing us with the fortified porridge which has been on our table every month. It's packed with vitamins and always comes at the right time. Now, my son and family are in good health and back in the healthy growth range."*

Mumina Khalif Dubat, Kismayo, Somalia



*38-year-old Mumina and her family live in this makeshift shelter. Forced to flee their village when it was no longer safe, they have almost nothing. On top of this, Mumina's son was born with a disability...*



## CASE STUDY

# Mumina's story: "I am hopeful things will change"

"My son was born with deformities both in his hands and legs. I have been struggling with barely anything to put on the table...

**...but everything happens with God's permission.**

**One day, a knock on our door by some people from LWF shone a bright light into our lives.**

They told us about the Centre where my son could go.

Khalif's deformities severely affected his daily lifestyle but the LWF staff gave me hope that these deformities may be improved through physiotherapy.

**So I am hopeful things will change for the better.**

I also learnt some home-based care for my child including gentle massage, and hand and legs exercises. This has been greatly helpful.

Following three weeks of continuous physiotherapy sessions, Khalif is now able to hold objects firmly with both hands.

His weight has also started improving.

I am also supported with dry ration porridge as a supplement to the nutritional needs of my family.

**It's packed with vitamins and always comes at the right time for us. Now, my son and family are in good health and back in the healthy growth range.**

We normally receive the dry ration on monthly basis.

The porridge is especially helpful to us during the lean season, when our vulnerable family have completely depleted our food stocks and have no other income.

My son has improved in terms of diet and nutrition since taking the porridge.

**I am really thankful to ALWS and LWF for providing us with the fortified porridge which has been on our table every month.**

**It has been a substitute many times when we have no other food around."**



*In Somalia, there is little support for children with disabilities. They may be kept hidden from the community or sent away. Your Gift of Grace shows extra care to those in danger of being forgotten.*