

# Women and Food

## Feeding minds, changing lives



### Kenya School meals

School meals programmes are an investment in some of the world's poorest children. By guaranteeing children at least one meal a day, WFP takes the pressure off parents, encourages school attendance and lowers dropout rates. Children can concentrate on learning, not worrying where their next meal is coming from.

School feeding helps close the gender gap in schools. As well as school lunches, WFP provides girls who attend class regularly with take-home rations that benefit the whole family. This means parents are more likely to send their girls to school and keep them there.



For **Caroline**, 15, receiving school meals gives her a chance to carry on and finish her studies. Along with her eight brothers and sisters living in Narok District, she receives a hot daily meal through WFP.

"I love school so much that one day I'd like to become a teacher," she says. But Caroline's dream would be impossible if her parents didn't have a good reason to send her to school.

"If I didn't receive meals at school I would probably have to stay home and help work on the land to provide food for my family".

Caroline's favourite food is the lunches of bulgar wheat and beans. "It's tasty and I just love it"

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**World Food Programme**

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