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| REPORT ON: | The Visit to Tiyamike and Mwayiwathu CBCCs to appreciate how the Nourish-to-Flourish Program is faring in the 2025-2026 School Session |
| FROM: | UVGI Ambassadors, Malawi |
| TO: | Dr. Hala Ghoson, Director (UVGI) and UVGI Board of Directors |
| DATE OF REPORTING: | 21 st October 2025 |
| DATE OF ACTIVITY: | 16 th October 2025 |



Tiyamike CBCC children enjoying their vita-meal while standing—photo taken on 16/10/2025

Preamble

The 2025-2026 School Session for Basic and Secondary Schools in Malawi commenced on 22nd September, 2025. And our two Community Based Childcare Centres of Tiyamike and Mwayiwathu were among the basic schools that opened on this particular date. And despite the fact that these schools have now opened, most of them are unable to conduct feeding programs due to lack of food following the persistent hunger crisis that the country is experiencing. This is obviously impacting negatively on the nutritional status of the children, especially those from vulnerable households.

In Traditional Authority Nkagula, where we are currently operating, a lot of community-based childcare centres (and even primary schools), children are learning without eating anything.

Situation of Tiyamike and Mwayiwathu CBCCs

During our visit to Tiyamike and Mwayiwathu CBCCs this week, we have gathered/learned that, right from the 22nd of September 2025—the day that this school session opened, our children in these two centres have been eating their nutritious food – courtesy of the United Voices for Global Impact (UVGI). Our most recent visit to the two centres on 16th October 2025 has found out that all the children are attending classes and eating their food on a daily basis from Monday to Friday, each and every week.



Children eating – not for luxury – but for survival during Malawi's Lean Season

Child Enrolment at Tiyamike and Mwayiwathu CBCCs in this School Session

In this school session, Tiyamike CBCC has a total enrolment of **35 children (17 males and 18 females)**. And Mwayiwathu CBCC has a total enrolment of **75 children, with 32 males and 43 females**. The numbers could grow as many children had wanted to be registered, but we had to restrict the registration so that we could have a good number of children that we are sure of managing them in as far as the feeding program is concerned. It might be pleasing to note that a few children from both CBCCs had clocked 6 years at the start of this school year; so, they have gone to primary school where they have been enrolled in Standard 1.

Impact the Nourish-to-Flourish Program Will Likely Bring

The program will likely bring a lot of positive impact on the targeted children, but below is a summary of the notable impacts:

- **Physical Development:** Good nutrition will gradually promote growth in the children, thereby preventing them from stunting (shortness for age) and wasting (thinness for height). These conditions are associated with increased risk of infections and diseases due to malnutrition.
- **Cognitive Development:** Good nutrition will help in brain development, thereby enhancing the children's memory, attention, and learning abilities.
- **Immune System:** Good nutrition will help the children's immune system to be more powerful and vigilant against any infectious attacks.
- **Health Risks:** Good nutrition will likely decrease the risk of developing chronic diseases like diabetes, heart disease, and obesity in later life.
- **Educational Outcomes:** Children with good nutrition will not struggle academically, resulting in higher educational achievement and unlimited future opportunities.
- **Economic Impact:** Increased productivity and potential for higher earnings in adulthood due to good health and cognitive development will likely contribute to a cycle of prosperity.
- **Mental Health:** Good nutrition will also impact mental health, potentially leading to a much healthier life free from anxiety, depression, and any other behavioral problems.

Challenge(s)

The main challenge we registered was lack of big pots for cooking the children's vita-meal (porridge) at both centres. During our recent visit we learned that the women cooking the food had problems with the size of the pots they were using to cook the food. They were small pots which they had just borrowed among their villagers. This was so challenging that they had to cook twice in order for the porridge to be enough for all the children.

Recommendation

Purchasing bigger pots of thick metal with bigger cooking sticks will help the two centres to get the above challenge sorted out for quite a longer period of time. The women will not get bothered to cook twice for the children each day.



Caregiver Chifundo Nsimbi washing plates and spoons in readiness for porridge distribution to the children



Children at Tiyamike CBCC eating their food with peace of mind

Conclusion

The program is about saving the lives of the vulnerable children in Ntima and Nkalapa villages where Tiyamike and Mwayiwathu CBCCs are located, respectively. The Program is certainly helping in combating/addressing the growing hunger crisis while saving innocent souls and at the same time reducing cases of severe acute malnutrition among the targeted children.

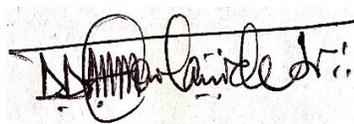
On behalf of the people of Ntima and Nkalapa villages, we would like to thank Dr. Hala Ghoson and the entire UVGI Board of Directors for your unwavering support towards these vulnerable children. Your support is really saving the innocent lives of the children at Tiyamike and Mwayiwathu CBCCs.

Compiled by



Brown Masingati
UVGI African Ambassador

and



Dafter Molande
UVGI Field Officer

END OF REPORT