



Lived in Experience

As part of our lived in experience, we ask you the question: Could YOU live on the diet of a Memusi child? The reality and irony is that you can't. During COVID we have supported people who are not eating for days at a time. Children who would have a cup of tea and a slice of bread in the day. However, with the support of a Nutritionist, we have created a list of foods that a fortunate child would have access to. Could you take on the lived in experience and help raise money to help us feed more children and their communities?

NB: If you have any underlying health issues, please make sure that you seek medical / nutritional advice or consider the challenge before undertaking it.

How Do I Get Involved?

Follow the simple steps below and you are all set:

1. Take a look at the list of daily food and get ready for your challenge - we recommend that the challenge is taken over 3 days.
2. Create a Justgiving Page and either ask people to donate / sponsor you with all money going to support our work in Kenya. Another option is to donate the money saved from your shopping.
3. Tell your story daily! Make sure that you are using the opportunity to use social media to tell the story of what you are doing and why

List of Food (per day)

- Water
- No more than 2 cups of tea
- 1 portion of fruit (Orange or Mango preferable)
- 2 Slices of Bread
- One portion of Rice
- 2 Potatoes
- 1 portion of Cabbage
- 2 Carrots
- 1 Cup of Beans

If you are struggling; you could also include a portion of lean meat.

NB: Having sought advice from a Nutritionist, this is half of a persons daily calorie intake (hence why we are only recommending 3 days). If you will struggle, please increase portion sizes BUT do be honest about it as you tell your story. The reality that you are struggling would be telling in what others are living on.

Fundraising

- Follow the link to Justgiving: <https://www.justgiving.com/campaign/Memusi2020>
- Click on 'Start Fundraising' to create your own page linked to our Campaign
- Complete the appropriate information to set up your page
- Start spreading the word!
- If you are donating the money saved in your shopping, please donate through the link given in the first step on this page