

BLESSINGS OF JOY NEWS



P.O. Box 701143 Tulsa, OK 74170

Winter 2020

Nutrition and Wellness Update Caring for 400 Students

Matthew 25:35 "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in."

Mark 9:37: "Whoever welcomes one of these little children in my name welcomes me; and whoever welcomes me does not welcome me but the one who sent me."

While most of us are lamenting the amount of food we consumed during our holiday season, across the Globe in a tiny village in Uganda, the children of Mweruka Junior School (MJS) are so thankful for the one meal they get each school day. Most of children come from subsistence farmer families, many of them living with a guardian due to the loss of one or both parents to HIV/AIDS. This meal they receive may be their only meal of the day.

In 2006, Solomon Mutebi started a school in a rural Ugandan Village, Mweruka. After meeting Solomon at Redeemer Covenant Church in 2012, Dr. Stan and Barbara Grogg ARNP, with Power of a Nickel, visited Mweruka Junior School. Their medical assessment revealed that the children's eyesight was compromised, due to a lack of dietary Vitamin A. Red hair and skin problems also suggested malnutrition. The Grogg's recommended that colorful foods be added to the sponsored children's gruel. In 2013, a Power of a Nickel medical team returned to find that the children's vision had improved. In 2016, Cheryl and Carrie, Redeemer members, were with the Grogg's team. They saw that only sponsored children were receiving Vitamin A enriched meals, while other

children brought small portions of food from home or simply went hungry.

In 2017, BOJ began providing funds for a nutrient fortified lunch (maize and soya flour, sugar, milk, and a supplement called "Body Boosters") for ALL children.



Nutrient Fortified Porridge

By 2018, a "main meal" (pinto beans, Irish potatoes, silverfish, carrots and other ingredients) was initiated and is now served for lunch once a week.



MJS "Main Meal" in Redeemer Hall

Also, in 2018, BOJ began the biannual treatment for intestinal parasites. Administered to the children at the same time are multivitamin supplements containing Vitamin A for vision and iron for anemia.

Thank you for your support of the nutrition program.
May God Bless You,

Vicki Hansen Karney, RN, BSN, CDE
Board Member for Nutrition and Hygiene

Request from MJS Nutrition Committee

This request to add nutritional elements to meals was in response to an email sent to MJS (Dec., 2019)

Dear Vicki

We are so appreciative for everything you do to stand the nutrition program, Godfrey has shown us this mail, thanks for being appreciative for what we do under our department, unfortunately four of our committee

members went back to their home villages for Christmas so, a few of us have been available to reply your mail. We are replying you in red AND your questions are in black.

Questions: When fruit or greens are in season, would it be possible to add that to their meal too? Yes, it's possible. we could get some water melons, pineapples since these ones may be found almost any time in the markets, pineapples have no seasons any time are on market than any fruit. For the part of greens, we can get NAKATI, BUGGA, CABBAGES AND FRESH/FRENCH BEANS.

Think about it, let me know the cost of adding those food items or replacing what they are already getting with other nutritious foods. (Not all the time - just when locally available.) But in most cases, we will need to get these food items from big markets from Masaka not at a local level. Local markets lack most of the foods we can deal in. The cost might: be: 20 water melons = \$44, 20 pineapples = \$11, Greens (Nakati or bugga) = \$8, Cabbages or fresh beans/French beans = \$5.5. The total = \$68.5 per meal, = \$274 per month, = \$822 per trimester, = \$2466 per year.

I see the children are getting served large amounts of food at their special meals, do they eat all their food? Yes, they do, Africans we do seriously eat food.

Do you think any changes need to be made to the Nutrition program in the future or do you like it the way it is? Yes, we would like some changes, like we would like at times to change from Irish and serve the children with other food staffs like Bananas or rice these at sometimes may be got with the same cost as that of Irish.

Thank you for your hard work and dedication. Please thank the cook for preparing delicious meals. May you all enjoy the blessed hope and joy of Christmas and in the New Year.

We also appreciate you for all the efforts you are rendering to see that the nutrition program at school exists. May the Almighty God increasingly straighten His hand into this program. We know He has been with us from the past and up to this time we know He will not forsake us.

We wish you a prosperous new year.

Yours in service the nutrition committee of MJS

We Will Deliver Your Letters

Dear Sponsors of Mweruka Junior School children, high school, trade school and college students, let us deliver your letters. This March, 2020, two Board members will be traveling to Mweruka Junior School. As a sponsor, if you would like us to take a letter or note, with or without pictures, to your child, great! Please mail your letter to Blessing of Joy, PO Box 701143, Tulsa, OK 74170. We will need to receive these letters by the first of March. Thank you! Your child will be thrilled!



Carrie Delivering Letters to Children

Galatians 6:9 "Let us not lose heart in doing good, for in due time we will reap if we do not grow weary. So then, while we have opportunity, let us do good to all people, especially to those who are of the household of the faith."

THIS MJS SCHOOL YEAR THE COST OF THE NUTRITION, DEWORMING AND VITAMIN SUPPLEMENT PROGRAM WILL BE \$11,500.

YOUR FINANCIAL SUPPORT IS NEEDED!

\$25 WILL FEED 10 CHILDREN FOR A MONTH

\$300 WILL FEED 10 CHILDREN FOR A SCHOOL YEAR

TO DONATE by CREDIT CARD via PAYPAL go to:

www.blessingsofjoy.com

OR

Mail Checks to: Blessings of Joy

P.O. Box 701143, Tulsa, OK 74170

To Donate directly via your PAYPAL account – Enter the BOJ email address: info@blessingsofjoy.com. CHANGE the SEND Money to "FRIENDS and FAMILY" for your ENTIRE donation to be sent to BOJ (no fee)!!



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