



# Nutrition is Essential for an Abundant Life



Good nutrition fortifies us for every aspect of life: spiritual, emotional, and physical.

A well-balanced meal energizes children, helping them concentrate in school and Bible class, interact with other children in the schoolyard, and heal from their trauma. Additionally, food reminds children that someone cares for them. One day, Jesus commanded to give a little girl He healed something to eat, demonstrating our Savior's concern for her recuperation (Luke 8:55). We imitate our Savior by ensuring the children are healthy and hydrated.

About 40 percent of Zambian children under five are chronically malnourished because of poverty, lack of available food, and general ignorance about nutrition. Most Zambian families can't afford three daily meals, but what they manage to scrounge up usually lacks the ingredients essential to good health and energy.



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*They do not need to go away.  
You give them something to eat.*

— NKJV, Matthew 14:16

## God reveals Himself to hungry children through a meal

**Kids Alive's second global goal is to help every child experience emotional and physical well-being. They can't achieve that on an empty or garbage-filled stomach.**

Good nutrition leads to positive development. According to the World Health Organization, a well-balanced diet directly relates to safer births, healthier children, and more robust immune systems. The children we serve have long roads ahead of them. Like Elijah, they need to "arise and eat" because the journey would be too great for them without these essentials (1 Kings 19:5-7). That journey includes overcoming trauma, focusing on learning, developing relationships, and pursuing the knowledge of God through the Scriptures, all requiring good food to fuel their path to breaking poverty's cycle.

Healthy children thrive! They are more motivated, productive, and innovative, leading to self-sufficiency. That's why Kids Alive has provided over 1.1 million meals to around 4,000 children this year. The poor children of the world who go without food matter to God, and He uses people like you to meet their needs.



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### The Story of James

James was born on Christmas Day, 2019. He made the local news because someone spotted his grandmother with him at the garbage dumps scrounging for food. After the story aired, social services got involved. They found him wreaking like garbage in tattered clothes with pale and visibly dry skin. Officials brought James to the Kids Alive Zambia's Chikondi Center in October 2022, malnourished and unable to speak.

Our caring team put him on a tailored weight gain plan to help his body to recuperate. Over the next few months, his body healed, his skin began to radiate, and he began to communicate effectively. Energized, he began to have fun with the other children at the residential home and school. Besides maintaining his physical health, James is cultivating his spiritual health by attending Sunday School class at a local church.



## Professional Soccer is in Fadi's Future

Fadi came into the world unwanted. His father showed so little interest in his birth that he neglected to obtain an official birth certificate, causing future problems for Fadi, as we shall see. His environment was horrific, too. His neighborhood was so violent that he lost his brother to a street fight. These circumstances brought the boy of six to Kids Alive Lebanon's residential program, where he experienced love and safety for the first time.

Fadi excelled with us, becoming a strong young adult and a leader among his peers. "I have the chance to become more successful than my family members," says Fadi. "School has taught me problem-solving skills and provided me with better opportunities." Fadi, now 18, has only one year left before he finishes high school and wants to major in Physical Education in college.

Fadi loves soccer. He's so good at it that he made the local news for his skills and had an opportunity to play with a semi-professional Lebanese team. However, the issue of his birth certificate thwarted that opportunity because the Lebanese government didn't officially recognize him. We are working with attorneys to help register Fadi with the government so he can enjoy fundamental rights and pursue his dream.

Despite setbacks, Fadi is optimistic and grateful for Kids Alive Lebanon. I will keep and live by the values I've learned here, even when I become independent and leave the residential home.



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## Christilove Dreams of Becoming a Teacher

Christilove's early years were hard, for her parents neglected their responsibilities. Thankfully, Christilove's grandparents intervened, providing a safe environment and the love she deserved.

Although the grandparents cherished her, they lacked the resources to pay for proper schooling because they lived hand to mouth daily. One day, a friendly neighbor who knew about Kids Alive Haiti told the grandmother about the program. Our staff worked with the grandparents, overcame financial hindrances, and enrolled Christilove in the school. She excelled academically from day one, ranking at the top of her class. Today, Christilove is nine. She's intelligent, gifted, and a self-starter who dreams of becoming a teacher.

We are also helping Christilove's family with other practical support, especially groceries. The grandparents work hard to provide for the family, but the current situation in Haiti makes it difficult to get ahead.