

**e-News 6/15/10 GROW BIOINTENSIVE AGRICULTURE CENTRE, Kenya  
(G-BIACK)**

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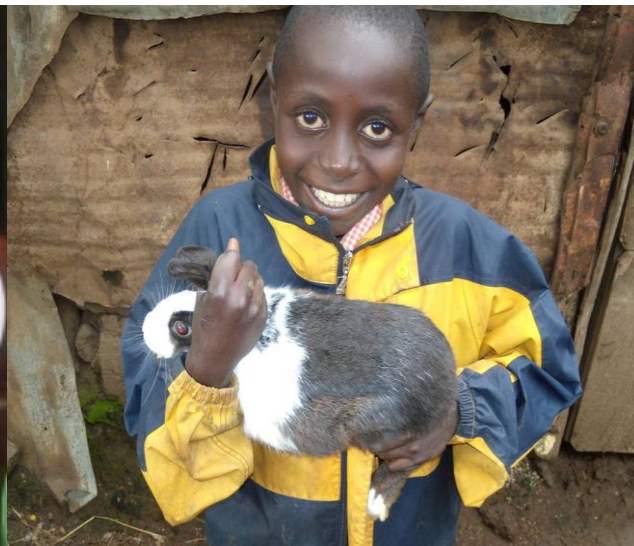
**Mr. and Mrs. Samuel & Peris Nderitu, Directors**

**Staff:** Sammy Mathu, Samuel Waweru, Rose Muthoni,  
Samson Ndungu and John Simiyu

**The miracle of Nutri - meals in the fight against HIV/AIDS and malnutrition**



**Nutri-Meal is a mixture of different flours.**



**Peter Mwangi, 12, recovered from partial blindness after G- BIACK introduced Nutri-Meal in his diet.**

Peter Mwangi is twelve years old. His mother died three years ago leaving four orphans. G-BIACK discovered these children when they were already very malnourished, and we introduced Nutri-Meal to them, which worked miraculously in the restoration of their health. We were amazed when Peter, who was almost blind, even regained his sight. Nutri-Meal is a mixture of sorghum, dried cassava, soybean, and peanut flours mixed with sardine meal. Nutri-Meal is cooked as porridge and eaten three times a day. We also provided vitamins from three spoonfuls of fresh carrot juice every day. Now the children in this devastated family are going to school and enjoy life like other children.

Peter also received one of our rabbits in the G-BIACK "Take a Rabbit Home Program" where a pregnant rabbit is donated to an orphan. After the birth, two young female rabbits are given back to G-BIACK and they are then donated to other orphans. Peter now has six mature rabbits. Females can be bred to produce more rabbits, others can be used for food, some can be sold for income. The rabbits will provide protein in the diet of the four children, and will continuously provide income for this family.

Please visit us! We are located 10km east of Thika town along the Thika – Garissa Rd  
(highway A3)

Or visit our web site: [www.g-black.org](http://www.g-black.org)

*Donations of any amount help us to reach out to more vulnerable families. Checks payable to Kili Self Help Project and designated for G-BIACK may be mailed to 260 Marion Avenue, Mill Valley CA 94941 USA. Donations are tax deductible and 100% of the donated amount will be sent to G-BIACK for our programmes.*

**G-BIACK- Empowering the communities ~ Transforming Lives**

(G-BIACK is a registered CBO in Kenya. Donations are tax-deductible)