

**e - News 15/7/14 GROW BIOINTENSIVE AGRICULTURE CENTRE, Kenya
(G-BIACK)**

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HIV/ AIDS AND NUTRITION



Peris Wanjiru teaching over 500 women at the church and women learning nutrition at the G-BIACK centre

The HIV/AIDS epidemic in Kenya continues to be a major challenge to our people. Over 1.5 million have died due to AIDS related illnesses mostly brought about by lack of proper nutrition. It is estimated that more than 1.4 m people in Kenya are currently HIV positive.

GROW BIOINTENSIVE Agriculture Center of Kenya (G-BIACK) has come up with strategies for ensuring that people living with HIV AIDs (PLWHA), especially women and children, are given the necessary support to be able to live like other normal people. G-BIACK has designed projects that will hope and longer life to PLWHA. One of the projects is the Nutrition Kitchen Gardens Project (NKGK) where women are trained on how to establish gardens where they are able grow their own food with emphasis on indigenous local vegetables. G-BIACK offers full training in kitchen gardening. Women who are not able to purchase seeds are given small amounts which they are taught to multiply for future planting.

In the One Dairy Goat Per Family Project (ODGF), organized groups from different communities are given at least one dairy goat. When the goat gives birth, the kid is given to one member of the group and the offspring of the goats continue to be shared until each member owns a goat. This is another sustainable way of ensuring that malnutrition and extreme poverty among the women is reduced. Dairy goat milk is good for PLWHA because it supplies the required protein, besides being an immunity booster.

We are requesting our friends and partners to help us to reach out to more PLWHA women and children with these and other programmes by donating any amount of money (via credit card) on the INDIEGOGO platform. Please visit <https://www.indiegogo.com/projects/support-for-women-and-children-living-with-hiv-and-aids>. Any amount will help and be appreciated.

Visit our web site: www.g-black.org. Go to Google maps to see us from above by entering: G-BIACK, Thika, Kenya
Donations of any amount help us to reach out to vulnerable families; contributions may be made through Network for Good on our web site. G-BIACK is a registered CBO in Kenya, and donations made directly to G-BIACK are tax deductible. But to enable G-BIACK to receive the full amount, checks payable to Kilili Self Help Project may be written and sent to 260 Marion Ave., Mill Valley CA 94941 USA—no overhead will be deducted, meaning that 100% of every donation will be sent to G-BIACK for our programmes. Donations are tax deductible.

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