

Women and Food

The right food at the right time

Kenya Mother and Child Health and Nutrition

WFP works with mothers and young children in the crucial window of opportunity that determines whether a child will reach her full potential in life – starting during pregnancy and running till the child reaches two years of age. Mother and Child Health and Nutrition programmes in Kenya involve WFP providing nutritious foods, fortified with vital minerals and vitamins, while the government and other development partners provide health services.

Phoebe, 25, is expecting her first child. Good nutrition right now is important not just for her, but for her unborn child. Before receiving WFP food rations she was underweight, anaemic and had fainting spells.

At the hospital in Nyanza Province, south western Kenya, she received corn-soya blend mix, taught how to cook it and given tips on nutrition for herself and her baby.

Her weight and iron levels are up, and she feels well enough to carry on her work as a hairdresser.

“My baby is growing and thanks to WFP I’m hoping to have a healthy pregnancy”.



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World Food Programme

Fighting Hunger Worldwide