

Together, we can fund lasting change

Your donation could support someone like Fridah or Belinda to overcome poverty and food insecurity for good.



With no running water available for her plants, Fridah must carefully conserve every drop.



£5/€6

could buy the **seeds** that kickstart a family's nutritious vegetable garden.



£15/€17

could help purchase the **hand tools** that mean an urban farmer can tend their crops.



£250/€289

could help purchase **three tablets** that a training group share to access farming news, weather forecasts, market prices and mobile banking.



£1000/€1154

could establish a **soil-free hydroponic farm, complete with 2,000-litre water tank and solar powered irrigation**, for an urban farming group who are transforming their lives.

Where **hardship** means **hunger**

...urban farmers can grow hope.



Fridah cradles her grandson, Quillan, outside their home in Dagoretti.

Please make your gift of support today. Scan this QR code to donate online or visit caweek.ie/grow

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This Christian Aid Week, will you support someone like Fridah to protect their children from hunger?

This is how poverty ends



Fridah sells vegetables from her own stall.

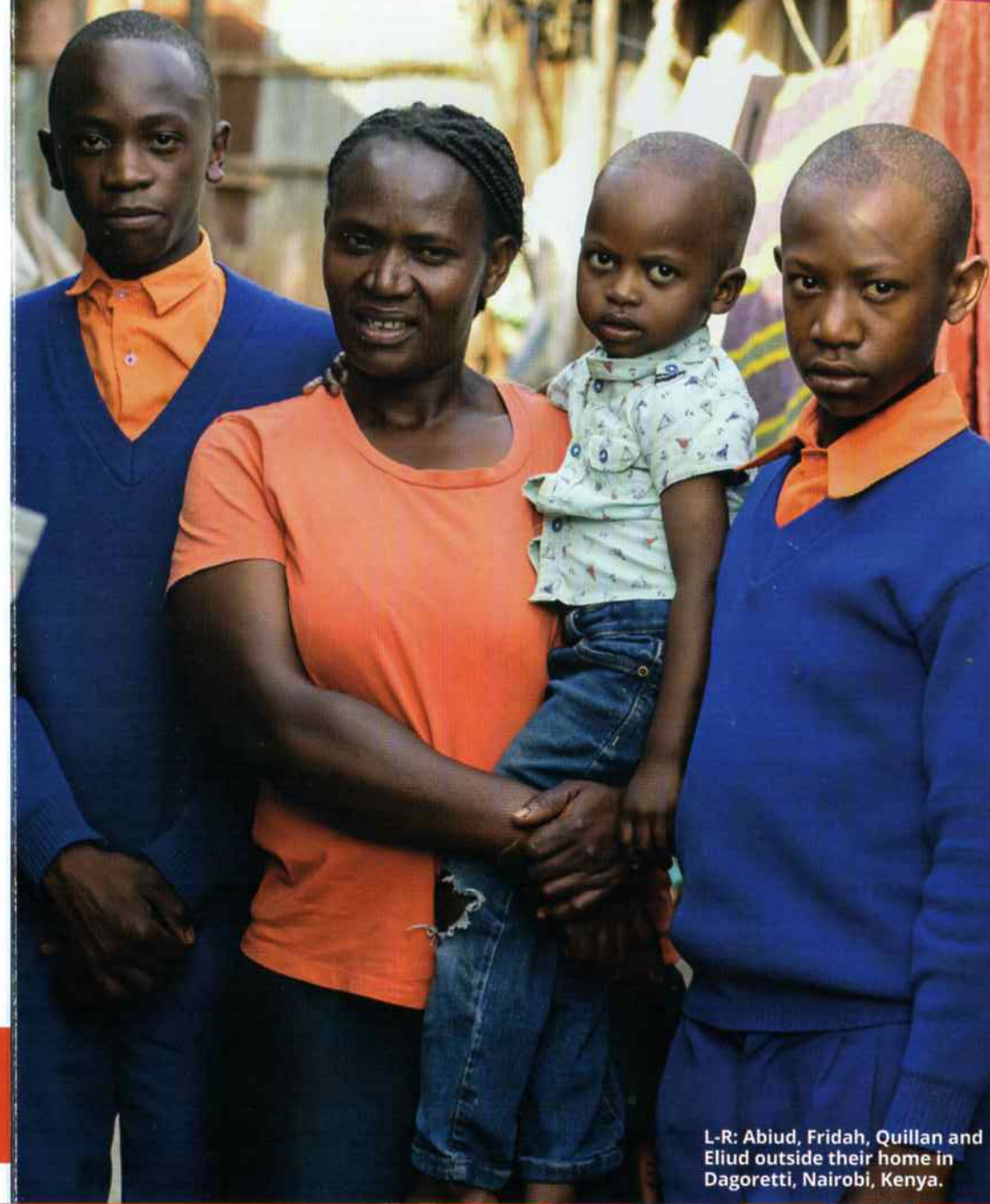
Fridah's twin sons, Eliud and Abiud, are 13 years old and both enjoy studying science at school. Like most teenagers, they're starting to think about their future career paths. Abiud's ambition is to become a pilot and Eliud a lawyer. But if Fridah can't pay for the boys' education herself, their dreams may never become a reality.

Before Fridah joined Beacon of Hope's urban farming programme, growing her own food and saving money were unthinkable. Now, when Fridah's harvest is good and her market stall throngs with customers, she can feed her family and put some money aside for the future.

Abiud: 'Mum is very hardworking, patient and kind.' Eliud: 'She's the one who provides clothes, food, school fees – everything. I would like to thank her for taking care of us.'

Fridah's urban farm isn't just a shield against going to bed hungry – this tiny but mighty space holds her children's dreams for a brighter future. Fridah says: **'My prayer is that I'll be able to see them graduate from college so they can start to be independent, maybe find an occupation and earn money.'**

Your support + our global network + Fridah's determination = a better future for Eliud and Abiud.



L-R: Abiud, Fridah, Quillan and Eliud outside their home in Dagoretti, Nairobi, Kenya.

Eliud (left) and Abiud have big dreams.

The challenges in Kenya for families living in poverty

Climate shocks are devastating crops

80% of Kenya's land is arid or semi-arid, and highly vulnerable to climate emergencies. Severe droughts are often followed by powerful floods that drown crops. This disrupts the nation's food supply and pushes the price of groceries beyond the means of many households. Meanwhile, the fresh produce that's available is often grown using dangerous, unregulated pesticides that when eaten can cause serious health issues.

Only around **15%** of jobs are formal'

...most employment is unstable.

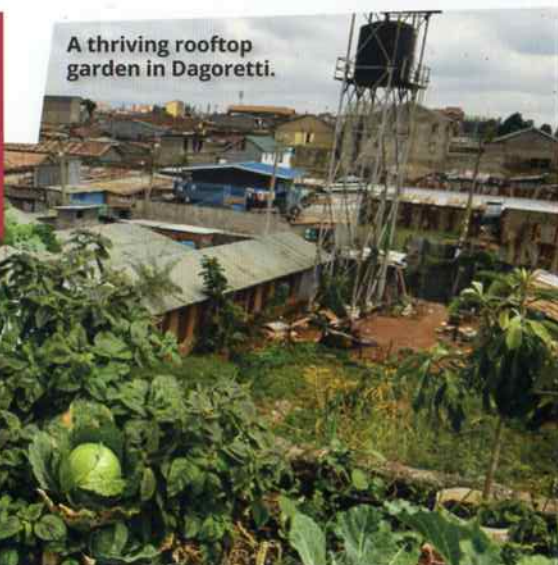
*World Bank

29% of Kenyans lived **below the poverty line** in 2023*
...a figure that's increasing each year. *UNDP

Poverty is rising

More than a third of the population are vulnerable to multidimensional poverty – meaning even if they live above the financial poverty line, they still won't be able to access healthcare, gain an education and eat balanced nutritious meals.

A thriving rooftop garden in Dagoretti.



Almost **1/2** of Kenya's debt is owed to greedy **private lenders** ...who apply sky-high, unsustainable interest rates.

Debt is crushing public services

Kenya is in a debt crisis. As debt grows, public spending shrinks. Debt repayments are draining Kenya's resources, preventing the government from addressing their citizens' basic needs – and the devastating impacts of the climate crisis.

Hospitals lack nurses and medicines. Classrooms are overcrowded. Farmers are left without support. When debt comes first, people come last.

Diana Gichengo, The Institute for Social Accountability, Kenya



Meet Belinda Kasudi Trainee Urban Farmer

'Everything here [in Dagoretti] has to be paid for. We even buy water. Providing enough food for the children is very difficult, because

Debt, far from being an abstract aspect of Kenya's finances, demeans the dignity of Kenyan citizens.

Vyrone Ochola, The Institute for Social Accountability, Kenya

Colonisation's tight grip


In the 19th and 20th centuries, British colonisers stole the ancestral land of indigenous Kenyans and forced many to work in poor conditions for low wages. Colonisers also replaced relative gender equality in Kenya with strict roles for women that continue to restrict autonomy, rates of pay, physical safety and financial independence.

In 1963, Kenya rightfully declared independence. But it entered the global economy in a deeply disadvantaged position – having been exploited and plundered for more than 70 years. With significantly reduced resources and means for investment, poverty in Kenya persists as a direct result of colonisation.

'My hope is to be a great leader through [Christian Aid's partner] Reason of Hope. I tell women

The power of urban farming to beat hunger and poverty

Imarisha Kilimo is the name of Beacon of Hope's project that's training new urban farmers to cultivate produce in small spaces. This Christian Aid funded work in Dagoretti, Nairobi, is comprehensive, extending beyond traditional farming techniques to offer solutions to local challenges.

 **Imarisha Kilimo** means 'strengthen agriculture' in Swahili.

When you have no electricity, refrigeration isn't an option. To ensure nothing of a plentiful harvest goes to waste, participants learn to use dehydrators.

This means fresh greens can be preserved and transformed into nutritious, long-life products that sell well and command higher prices than fresh vegetables. Furthermore, project participants learn how to conserve precious rainwater, make organic compost, and develop small businesses by selling their produce at market.

Clever techniques like these are helping to diversify diets, maximise incomes and minimise waste. Not only are a new generation eating fresh, organic vegetables, but the sale of surplus produce is paying for other groceries such as rice and pulses. Parents who can introduce vital nutrition to their children's diets at a young age are setting them up for strong, healthy lives full of opportunity.



Fridah sells some of the produce she grows on her stall.

it's so tough to find a job.

'Through the lessons, I was able to get the skills I needed to grow.

'When I sell vegetables, I earn a few coins. Now the children can go to school and get food. Farming has brought a shift in how my husband sees me. He thinks, "My wife has been empowered and has an urban farm. We have vegetables, and don't have to buy them at market."

who want to join this project: there is knowledge that can help



Meet James Omwanda Project Officer, Beacon of Hope

'Getting three meals a day is not easy for families in Dagoretti. Most manage two, some just one. Others go the whole day without eating.

The Imarisha Kilimo project is important because it directly addresses food insecurity in Nairobi, supporting communities to understand that it's possible to use small spaces to take control of their food needs.

'What motivates me is that I can see hope in the eyes, words and thoughts of people in the community. I can hear them say how they are capable of transforming their lives through the support we give.'

