



CHRISTIAN AID WEEK May 10th - 16th 2026

Where hardship means hunger... urban farmers can grow hope. In the crowded informal settlements of Nairobi, most parents wake with the crushing knowledge that if they don't earn money that day, their children won't eat that night. That includes Fridah Moraa, a recently widowed grandmother who lives with her twin sons, daughter and grandson in Dagoretti, a sprawling settlement that's among the biggest in Kenya. 'When I wake up, I have a lot of worries. Sometimes I don't have food,' says Fridah. The aching hunger is bad enough. The relentless stress is overwhelming. Fridah's situation is devastatingly common. That's because alongside Nairobi's imposing skyscrapers and luxury safaris, Kenya's capital holds areas of acute deprivation. In areas like Dagoretti, there are limited formal work opportunities and heartbreakingly low pay, with most people living on less than a dollar a day. On top of this, food prices are high, in part due to the climate crisis. Getting three meals a day is not easy. Most manage two. Some, just one. Others go the whole day without eating. The terrible consequence of this situation is that many families are simply not getting the nutrition they need, including children. The effects of malnutrition can last a lifetime, with stunting permanently affecting both physical and mental development.

Bad days Like many others in Dagoretti, day-to-day life for Fridah is precarious and volatile. To bring in enough money to feed everyone, and cover all essential outgoings, Fridah sells vegetables on a market stall. 'The challenge is that sometimes I have customers, but with no money to buy vegetables. But I can't give up – my children need to go to school. They need to eat.' On days when she doesn't have enough customers, or cannot buy stock to sell, Fridah's stress soars. At times like this, she'll often go without food so that her children can eat a little.

'Sometimes I don't know how I'll buy food. I don't know how I'll feed my family. But I believe in myself and pray to God that I will succeed.'

Growing hope and resilience Fridah was introduced to an impactful agricultural project run by Christian Aid's partner, Beacon of Hope. The project offers Dagoretti residents the opportunity to train as urban farmers. By offering skills training, seeds, tools and space-efficient plots to grow produce near their homes, parents like Fridah are turning the tide on urban poverty. With grit and determination, Fridah is studying hard. Sessions don't just cover farming techniques, such

as pest management, compost production, and seed cultivation, but business skills, including money management and marketing. Gaining both knowledge and confidence, Fridah was eager to start growing her own food. 'I discovered I could sow here – right where I stand! I learned that here in Nairobi, you can farm where you live, even if you don't have land.' Hidden at the end of a concrete alley, you'd never guess a lush, plant-packed space could thrive. As Fridah pulls open the rickety gate and takes in what she's achieving, her face shines with pride. She is now beginning to reap the benefits of the nutritious produce she's growing. Colourful kale, tomatoes and a range of indigenous vegetables are now being sold on her market stall and fed to her family.

From living meal to meal, not knowing if her children will go to bed with empty stomachs, Fridah now cherishes the security her small urban farm is bringing, knowing that she can better protect her children from the threat of malnutrition. 'Urban farming has changed my life.' Fridah adds: 'When what I have planted grows – that is what makes me happy. When I get money that I have earned – that is what makes me happy.'

With **seven days to make a difference**, every gift, act and prayer counts. **What will you do to support someone like Fridah to grow food, protect their children from hunger, and nurture hope?**

£5 could buy the seeds that kickstart a family's nutritious vegetable garden.

£10 could pay for the pair of chickens that produce fertiliser for an urban farmer.

£15 could purchase the hand tools that mean an urban farmer can tend their crops.

£30 could buy the trio of cone garden planters that host hundreds of plants in a tiny city space.