



Quarterly Newsletter 2 - 2025


ROOTED IN CARE, GROWING WITH PURPOSE.


Growth in our gardens, our community, and our courage has marked this quarter at RIEKO. From hands-on learning to home-based healing, we are turning small steps into lasting impact.


GROWING FOOD, GROWING CONFIDENCE.

This quarter, we were honored to host Caren, a Kanthari alumnus and the visionary founder of Eco Alchemy. Caren brought more than just knowledge. She brought a living example of what it means to grow ideas into change.

With her guidance, our children explored vertical gardening hands-on. They did not just learn how to grow food they learned self-reliance.

 4 vertical gardens were built using local, low-cost materials.

 Over 80 children participated many planting seeds for the first time.

 The gardens are already sprouting kale, spinach, and cowpeas.

Caren reminded us that change starts small one child, one plant, one purpose.



Caren with the children at RIEKO



Visit at Min Abato's home

☀️ DRYING MORE, WASTING LESS.

We continued to make the most of our solar dryer this quarter. While it has always been used for vegetables, we expanded its use to include beans, pigeon peas, and even rice — with excellent results.

- ☀️ 35 kg of food was dried and preserved food that would otherwise spoil.
- 👴 These dried foods now support 15 elderly households, helping them through dry spells.
- ♻️ It's cost-effective, eco-friendly, and nutrient-saving.

We are showing that simple innovations, when used smartly, can transform lives.



Solar drier with beans, and rice



Dried vegetables cooked by Donata.

🔧 BUILDING HOPE, A SAFE SPACE IN TIMES OF FLOODING.

Our region is facing increasingly unpredictable floods, and the elderly are among the most at risk. That's why we're building a Cafeteria and Safe House a dual-purpose space where elderly people can eat, rest, and stay protected during disasters.

🚧 Construction is now 65% complete.

💧 Drainage and flooring are underway this week.

🍲 Once completed, it will serve daily meals to 25 elderly people and act as a secure flood shelter.

We are not just building with bricks we are building with urgency, love, and long-term vision.



RIEKO Upcoming cafeteria and safe house



Home visit at Nyoboo's home

LOOKING AHEAD

Looking ahead, we plan to relocate RIEKO to higher ground for year-round safety and access. We are also focused on completing the Carent Cafeteria and Safe House, ensuring the elderly have a secure refuge during floods and daily nourishment all year long.

Dear Friends,

We are immensely grateful to all our supporters, volunteers, and partners who continue to stand by our side. And you can help by spreading the word by sharing the links below in your network: Your contribution transforms lives! You can make a donation into our organization's account, for details see:

<https://riekowise.org/donate/>

*Wishing you ALL the very best for 2025!
with warmest regards from Kenya,*

the entire Rieko team, Eltrud

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