



BCV Update
Winter 2026

Yummy in my Tummy!...Breakfast at BCV

Because of your support, each day we are able to feed our children a warm and nutrient enriched large bowl of porridge. What is porridge you ask? By definition, porridge is a semi-solid dish made by boiling or soaking ground, crushed, or chopped starchy plants, like grains, in water or milk, and is served hot, often for breakfast.

We've fed all of our children this meal for breakfast since our incorporation in 2012. We engaged in some due diligence and research prior to our inception. Our goal was to make informed decisions that directly address the illnesses and diseases affecting the local children. We first reached out to the municipal social welfare office. We asked questions to ascertain the type of malnutrition cases prevalent in the community in order to determine what nutrients could be incorporated into and supplement standard porridge. We also visited other non-governmental organizations to potentially collaborate, observe and learn their preparation methods.

We arrived at these core ingredients: 150 kg white corn, 50 kg of roasted soybeans, and 15 kg roasted peanuts. We grind all three ingredients simultaneously, boil with water and season with salt and sugar.

The soybeans are great at attacking malnutrition, offering complete protein, fiber, vitamins, minerals, and heart-healthy fats. They are a nutrient powerhouse: rich in protein (all essential amino acids), fiber, folate, potassium, iron, magnesium, and vitamins. They're also great for digestive health promoting a healthy gut helping you feel full longer. Also of note, we grow these soybeans ourselves on our own property!

There's a noticeable difference that we identify in just two weeks when we register new children. Red hair & discolored hair which is primarily caused by a protein deficiency quickly transitions into full black hair. We see also notice hair regrowth in our children along with big smiles!

One additional ingredient we intend to add in the future is milk. The calcium, potassium, and other precious vitamins will be very beneficial to the development of our children. However, we have infrastructure limitations due to the refrigeration requirement of storing milk. Our community of Phalombe has an unreliable electricity grid and we are frequently without power, oftentimes for days or weeks at a time. So, even if we were to acquire commercial refrigeration equipment, we would still be at the mercy of potentially lost power without notice or recourse. Our board of directors is currently addressing this obstacle and we expect to have positive updates to share later this year.

The municipal health department comes once a quarter and examines the children, taking measurements and assessing the overall health and wellbeing of our children. We've consistently maintained excellent report cards from these inspections!



2026 Cattle Ranch Update!



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MAKE AN **IMPACT**

Volunteer

Join us for an opportunity to make an impact in the lives of children in Malawi. Participate in daily outreach activities for the children including feeding, educating empowering our BCV kids!



June 5 - 12th

Cost: \$3,500 (approx.)

\$2,200 Airfare + \$1,300 Trip Expenses

TRIP INCLUDES:

Safari at Majete Wildlife Reserve, Oasis and Waterfall at Zomba Plateau, and Mountain Hike at Mount Mulanje.



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