

ELEOS SEED FOUNDATION

NUTRITIONAL BUDGET FOR 30 CHILDREN

Three Nutritious Meals Per Day – Estimated Daily and Monthly Budget (USD)

This proposed nutritional budget provides for 30 children receiving three balanced meals per day. The meals include staple foods for energy, protein sources, vegetables, fruits and essential cooking ingredients.

Meal	Suggested Food Ration	Estimated Cost (USD)
Breakfast	Porridge, milk and banana/seasonal fruit	\$12.04
Lunch	Posho or rice, beans, vegetables and fruit	\$24.08
Dinner	Rice or posho, eggs/chicken/beef rotation and vegetables	\$32.11
Other essentials	Cooking oil, onions, tomatoes, salt, water and related ingredients	\$6.69
TOTAL DAILY BUDGET		\$74.92

BUDGET SUMMARY

Number of Children	30
Meals Per Child Per Day	3
Estimated Cost Per Child Per Day	\$2.50
Estimated Daily Budget for 30 Children	\$74.92
Estimated Monthly Budget (30 Days)	\$2,247.67

Nutritional Considerations:

- Meals should include a variety of staple foods, legumes, vegetables, fruits and animal-source foods where possible.
- Protein sources can rotate between beans, eggs, milk, chicken, fish and meat to maintain dietary diversity.
- Safe drinking water and proper food hygiene should be maintained.
- Portion sizes should be adjusted according to the children's ages and nutritional needs.

Exchange rate used for this estimate: approximately UGX 3,737.2 = USD 1. Exchange rates and local food prices may change.