



Ponheary Ly Foundation

www.theplf.org

## The PLF Breakfast Program at Koh Ker School



This is the outdoor kitchen where breakfast is cooked 6 days a week, 12 months a year for 200 students and their teachers. Two widowed mothers come to cook every morning and receive a ration of rice and vegetables for their families in return. The earthen stoves use firewood which is dangerous to collect because of the school's proximity to landmines.

[YouTube Video of breakfast being served](#)



## Fourteen Cents a Bowl



**200 students  
+ 9 teachers  
= 209 meals/day  
x 24 days/month  
= 5,040 meals/month**



We currently spend \$700 /month for breakfast for the whole school every day.

**\$700 / 5040 = 14 cents per meal**

Breakfast is usually rice, with precious little meat and as many vegetables as we can find, usually morning glories, grown in the school's garden. For most of these students, it is their only hot meal of the day.

**We'd like to raise our monthly food allowance at the school to \$900 per month. This extra \$200 would, for example, buy 100 kg (220 pounds) of beef.**

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