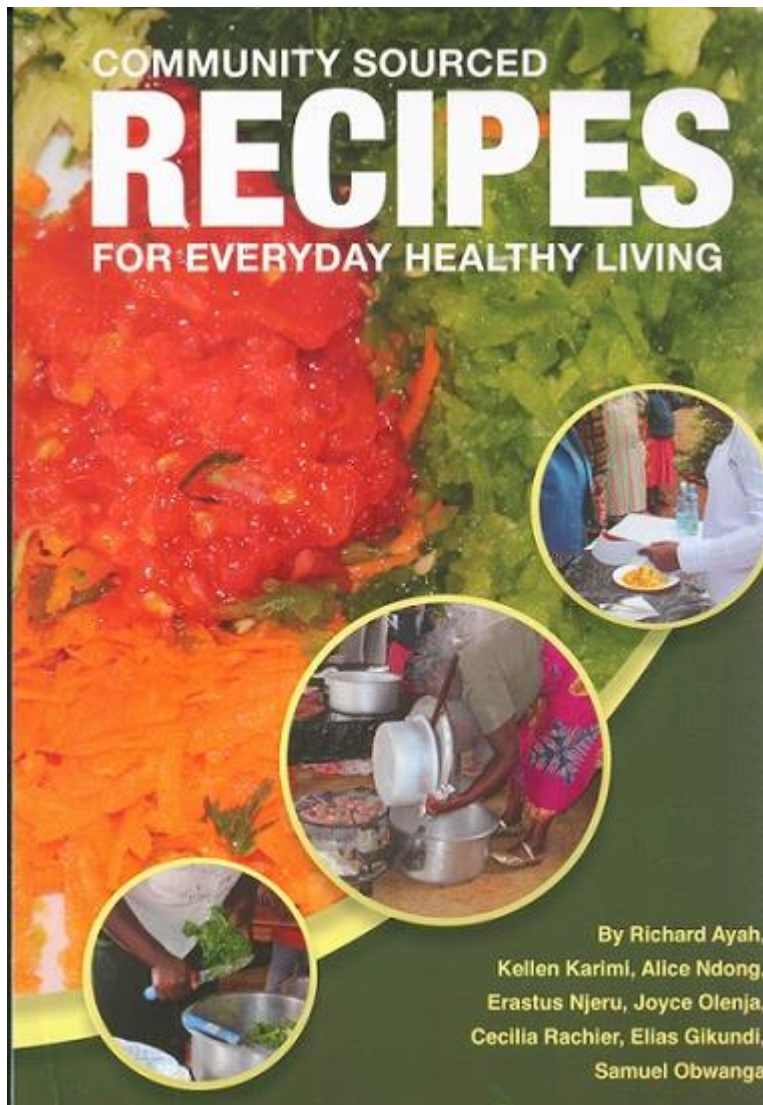


Dr. Richard Ayah leads in compiling recipes collected from household decision makers in Kibera and Githiga



Dr. Richard Ayah was the principal investigator for the project; improving household decision making on lifestyle choices for healthier lives. During the project, a situational analysis was conducted to assess the capacity of decision making in the households to modify behavioral risk factors of NCDs. This was done in 200 households in two study sites (Githiga and Kibera).

Based on the results of the situational analysis, counseling was done among a sub-sample of the total 200 households to influence their choices of food that contribute to development of non-

communicable diseases, where the household decision makers were required to give a first recipe before the counseling session and a second recipe two days after they were counseled.

The recipes were judged by a chef and a nutritionist and grades. The winning recipes were entered into a cooking contest where the participants were required to demonstrate the cooking. The recipes were then compiled into a booklet for reference.

Title: Recipes for everyday healthy living