FEED NEPAL
FOUNDATION

01 / WHY WE CARE

A healthy beginning for every child.

Feed Nepal Foundation is the name of a personal humanitarian ambition: to one day establish a Kathmandu-based initiative dedicated to the nutrition, health and wellbeing of expectant mothers, infants, children and young families.

The vision is for a welcoming institution where families facing hardship could find nourishing meals, maternal and child healthcare, practical support and, when needed, safe temporary accommodation.

It would be shaped with Nepali communities, healthcare professionals, public authorities and researchers, with compassion, cultural understanding and accountability at its core.

"Nourishing mothers. Nurturing children. Strengthening families."

A VISION IN THREE CHAPTERS

A place to nourish.
A place to belong.

This short concept note follows a simple idea: lasting family wellbeing begins with food, but grows through access to care, security and community.

01 Our mission
The humanitarian conviction behind the Foundation: a healthy start for children, and dignity for the families who care for them. 01

02 A community built around care
A proposed Kathmandu campus with a maternal and child health centre, family residences, a modest research office, and shared gardens. 03

03 The heart of the Foundation
A 100-seat central kitchen and dining garden: nourishment made visible through the very architecture of the campus. 04

A NOTE ON THIS DOCUMENT

This is an exploratory personal ambition, not an announcement, promise of funding, operational organisation, or request for donations. All architecture is illustrative and would require professional feasibility and clinical planning.

02 / OUR VISION

A community built around care.

We imagine a welcoming Kathmandu campus with a central kitchen and communal garden embraced by three practical, eco-conscious buildings. Everyday nourishment connects every part of the site.



CONCEPTUAL AERIAL VIEW | Illustrative arrangement, not an architectural or approved site plan.

THREE COMPLEMENTARY WINGS

LEFT

Maternal & child care

Antenatal, birth and postnatal care; infant health, consultations and referral services, subject to appropriate clinical partnerships and licensing.

REAR

Offices & research

A modest base for a service desk, research, community support, meetings, crisis referrals and responsible administration.

RIGHT

Family housing

Up to twenty self-contained homes offering temporary security, privacy and practical support to mothers and young families.

Beyond the flagship: future neighbourhood food hubs could bring nutritious meals closer to expectant mothers, children and families across underserved areas.

03 / THE HEART OF THE FOUNDATION

Nourishment at the centre.

At the physical and philosophical heart of the proposed campus is its shared kitchen. Food security supports maternal health and childhood development; a meal also offers routine, companionship and a place to belong.



ILLUSTRATIVE KITCHEN AND DINING PLAN | Layout, capacities and services are provisional.

100 seats

30 indoors / 30 sheltered outdoors / 40 in the garden

The ambition is to provide **three nutritious, culturally appropriate meals each day** for eligible mothers, infants, children and young families. The combination of indoor seating, light-covered outdoor tables and a simple garden reflects the purpose of the campus: practical nourishment in a dignified, welcoming community space.