

BAH Makan Programme

In response to rural young people in Sabah, Malaysia

City living is tough!! Rural youth migrating to urban cities in pursuit of education opportunities offered by private tertiary institutions and the lure of student loans are increasingly confronted with the challenge of making ends meet. Some quickly discover that they can only afford one measly meal a day just to make ends meet.



It was out of an encounter with some of such students that the “BAH Makan” programme was conceptualised. Our YouthPREP Centre Alamesra which aims to support our young adults in Kota Kinabalu launched this two-pronged feeding programme in June.

The programme entails the provision of a simple but nutritious dinner to students on the first and third Monday of the month at our YouthPREP Centre. A food bank has also been set up at the centre to enable students to bring food supplies back home with them.



“Students can come by to our Centre anytime and help themselves to our food bank,” Centre manager Mary Anne Baltazar said.

She added that students are encouraged to contribute back to the food bank when they can so that they too can help other students in need.

The “BAH Makan” programme provides a platform for our centre to raise awareness and engage in issues pertaining to hunger among college students. “We hope to be able to find out more about the problems that the youths are facing so that we can better address the issues,” Mary Anne said.

The “BAH Makan” programme ends in November this year.

If you wish to donate to this cause or get more information about it, please call Mary Anne at 088-485371 or 012-2328207, or email her at mabaltazar@goodshepherd.my.

YouthPREP Centre Alamesra is located at Lot 25, Ground Floor, Block E Phase 2 Alamesra, 88400 Kota Kinabalu, Sabah.