

Workplace Tidbits

Obesity Awareness



- Obesity can be defined as a complex condition involving an excessive amount of body fat.
- Obesity has no single or simple solution but requires a multifaceted approach due to its complexity.
- Obesity management can include; lifestyle changes, surgery or medication.

How to prevent obesity:

1. Eat more good fat and less bad fat.
2. Eat more servings of fruits and vegetables.
3. Plenty of dietary fiber.

Studies have shown that taking a fiber complex diet supplement 3 times daily for twelve weeks lost up to 5% of their body weight.

4. Consume less processed and sugary foods

Many processed foods are loaded with sugar, fat and salt which encourages overeating.

5. Engage in regular exercise.

It is important to incorporate physical exercise in your daily schedule.

6. Reduce stress.

Strive to live a stress free as stress can lead to consumption of overeating of unhealthy foods.

7. Get enough sleep.

Sleep is paramount to a healthy body and mind.

REREC CITIZENS' DELIVERY SERVICE CHARTER

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A VIDEO EXPLANATION OF OUR SERVICE CHARTER

Rural Electrification and Renewable Energy Corporation (REREC)

Ours service charter is meant to enhance levels of awareness amongst our stakeholders in regards to the Corporation's mandate and the standards set for service delivery.

Click the link below to find our service charter in video form. The Service Charter highlights our services, requirements, charges and the duration of service delivery.



DOWNLOAD



Citizens' Service Delivery Charter on Rerec Website

The Rural Electrification and Renewable Energy Corporation has a mandate of spearheading Kenya's renewable energy drive, in addition to implementing rural electrification projects.

REREC has developed and implemented its service delivery charter which is a commitment to enhancing service delivery to its stakeholder. This is also in fulfillment of the ISO standards to meet International Standards.

Our Citizens Service Delivery Charter is set to shed light on our mandate, vision, mission, and our services to our customers. This is to ensure that we enlighten and create awareness about how best we can be of service to the people of Kenya.

We have provided our delivery charter in various versions to serve our dynamic customers. This includes; Display of charters at our receptions at Kawi House, Mombasa road Stores, and our regional offices in both English and Kiswahili. The charter is also printed in Braille and copies were distributed to receptions for clients with visual impairment.

The charter is additionally available in sign language, audio, and electronic (PowerPoint) and uploaded to our website and Huduma secretariat portal, our social platforms e.g YouTube Channel to ensure easy access to all people, including those with visual and hearing impairment.

Processes that support services in the charter are also documented and uploaded onto our website, and Huduma portal for ease of reference.

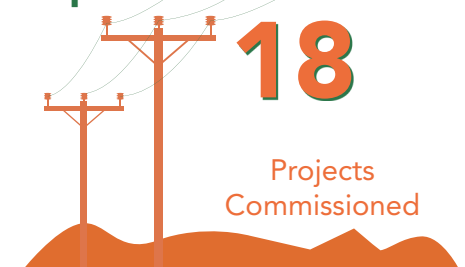
Currently, all departments are formulating customized citizen's service delivery charters, with emphasis on the current expanded mandate.

Links to Citizens' Delivery Service Charter:

<https://www.youtube.com/watch?v=xdIAh9IarUc&t=6s>

<https://www.hudumakenya.go.ke/charters>

Projects' Progress Report



18No. projects were commissioned in the week ending 13/05/2022, in various parts of the country. The total number of commissioned projects in the current financial year stands at 931No. with 1145No. projects in progress. 154No. projects are awaiting either joint inspection, shutdown, or commissioning.

Procurement Policy

This policy establishes a roadmap for implementation and enhancement of capacity for the procurement function

Learn More in Chapter 34 of the Internal Policies

Soma, Elewa, Tekeleza