

e'Pap Children's Feeding Project

September 2010

The 2010 e'Pap World Tour

Established in 2003

*Run by a team of more than
65 volunteers*

*Supporting 70+ schools
and places of care*

*Feeding over 3000
children.*

e'Pap is ..

A pre-cooked porridge

*Blend of maize & soya and
high in vitamins &
minerals*

*Easy to serve,
just add water or milk.*

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Over the years our newsletters have included articles on different parts of the project, trying to vary the areas and types from one edition to the next. A few months ago someone asked us if we could produce an overall picture to illustrate the scope and diversity of the project's endeavours. Why not we thought? So here is a very quick "e'Pap world tour"!

The Big

Primary schools. These cater for children who range in age from 6 to 13 years. We had only been feeding the first few grades and were approached by some teachers to feed the "older children." As one teacher put it, "they come into the class and are very often too tired to concentrate because their tummies are empty."

This required a totally different system, as breakfast had to be fitted into an already full schedule. Some schools offer e'Pap before the bell rings, so children who want it, have to come to school a little early and others fit it in between lessons.



The cooks at these schools are employed to prepare a midday meal, which is supplied by the government and they were now asked to provide another meal at the beginning of the day without any extra payment. Many of them were willing and eager, as they know the homes that the children come from, and the need for good nutrition. One lady in particular, Aunt Dolly, is an absolute angel and always ensures that those who need it, are given second and third helpings. We have 5 primary schools catering for about 750 children.

The Small and not so Small



The largest number of outlets, by far, are the small to medium size pre-schools and crèches. These cater for the 3-6 year age group, with many of them caring for babies as well. We have about 35 of these.

Lally and Shelley ran the first have teacher training courses in Knysna many years ago and have ever since been involved with the principals and teachers. It is wonderful to see how these ladies have matured and grown in confidence and competence.

We also have a few small crèches belonging to ladies who care for children at their homes. They love children, want to contribute to the community and at the same time earn some money.

Thelma is one such lady who started with a few children at her home. She approached the Knysna Education Trust for a bit of help and soon realised, in her own words, that “loving and caring for children was not enough”.

She enrolled in a teacher training programme and absolutely loves meeting with other ladies once a week and learning more about how to teach and care properly for the little ones in her care.

Thelma is a wonderful example of many such ladies who are totally dedicated and slowly “becoming teachers.” They are also helped to upgrade their facilities and provide a better learning environment for the children in their care. They all find that providing e’Pap to the children helps build the minds and bodies of the little ones, and because we provide it free, it helps them with their meagre budgets.

On the Farm

We realized that there was a huge need for good nutrition in the rural areas when one little boy came into school on a Monday morning and fainted. The principal asked when he had last eaten and the answer was “on Friday at school.”

Alcohol abuse is often rife in these areas and this can exacerbate the shortage of money for food. The schools also struggle for support and resources and so are most grateful to be given e’Pap for the children who need it. We now feed approximately 500 children at about a dozen such schools.



Homes & Kitchens



On the left, children enjoy e’Pap at Sally Johnston’s home in Hornlee and on the right is Lenie Stroebel outside her house in Dam se Bos.

Home based feeding, is usually where an older person agrees to give the children in her immediate vicinity an e’Pap breakfast from her home. This kind of feeding reaches those children who just run around the township all day as their parents are unable to afford to send them to pre-school.

As economic conditions become increasingly stressed and jobs become scarcer, soup kitchens and home feeding grow in importance.

The Rainbow of Hope Methodist soup kitchen in Knysna, is one such initiative. This facility provides e’Pap for about 35 children each day. Some of the older children stay on and are given some preparation for school next year.

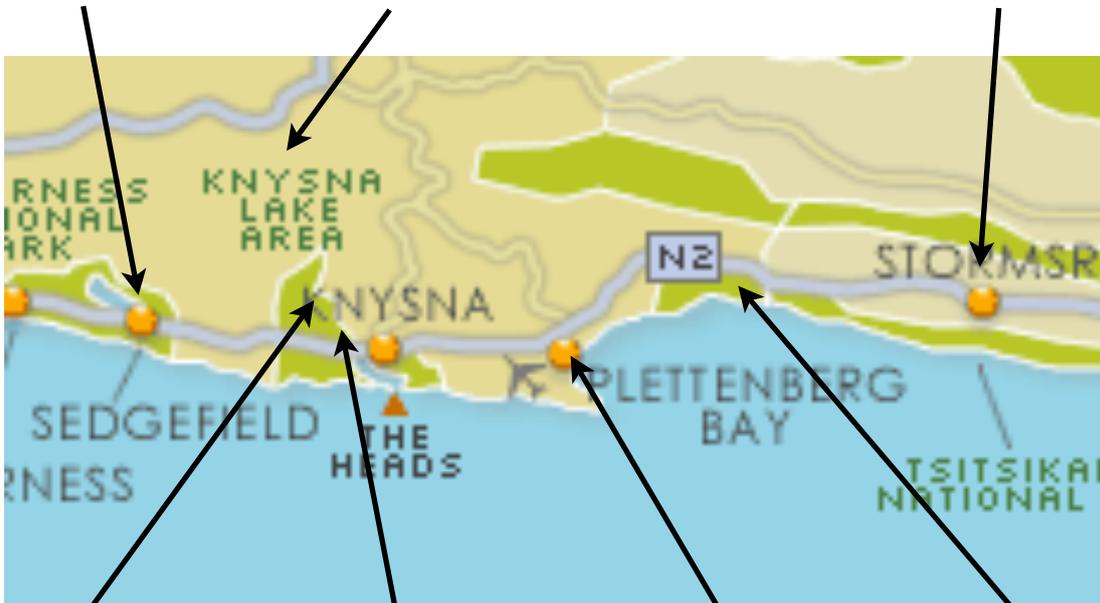
A second one is situated in Plettenberg Bay and feeds about 55 children daily. Betty Dlengezele is a lovely lady who is unemployed and said “I can’t sit around all day doing nothing” so she tries to help those worse off than herself. She offered to provide e’Pap to the children who live near her. She said that so often they knock on her door asking for a piece of bread and now she has something nutritional to give them on a regular basis.

Far & Wide

“Western border”

Farm Schools

“Eastern border”
Storms River Primary



Creches, Preschools &
Primary schools

Soup Kitchens & Home
Feeding points

Creches, Preschools &
Primary schools

Farm Schools

Food and more



More than 90% of our funding goes towards nutrition. However where there are additional needs, for which we have designated funding, we have been able to assist.

Some of these additional areas are the provision of jungle gyms, of which we have supplied 12 to date; regular stationery supplies to most of the pre-schools; tables & chairs; mattresses for midday naps and in a couple of cases, assistance with teacher training courses.

Shelley and some of the volunteers also attend parent/teacher meetings, graduation days and special events such as the world cup soccer day. These are great fun and add to the variety of activities we are involved in. One of the latest activities was organising an art exhibition where hundreds of pictures from our schools have been sent over to the UK to be “sold” to raise funds by members of the Garden Route Children’s Trust.

simply build bridges with the schools and help improve the lives of the young ones that we feed.



A Rainbow of Volunteers

Our volunteers come in all shapes and sizes. Without them the project would simply cease to exist. Without the project many of the volunteers would live less fulfilling lives. Some deliver and monitor the usage of e'Pap. Some prepare and serve the porridge. Many of the volunteers support the schools and their principals in countless other ways. We are so grateful to our small army of over 65 volunteers and are delighted that they too, feel blessed by being a part of the serving team.



Home & Abroad



Over the last seven years we have been supported by a most amazing variety of donors - a veritable cast of angels. Some have been with us since the very beginning and have funded thousands of meals, others have only just joined the team. They are all important and equally valued. The ages of donors vary from school children locally and as far away as America, to people in their eighties.

We have been supported by organizations such as churches, service and sporting organizations and individuals from over ten countries. It is truly not an exaggeration to say, the world is helping us feed the children of the Garden Route.

The Unbelievably Huge

is the size of our gratitude to our donors, volunteers, partners, cooks, teachers and school principals. Each in their own way play a vital role. Each is a link in the chain that reaches the children of the Garden Route.

THANK YOU TO ALL!



www.epapfeeding.co.za
