

e'Pap Children's Feeding Project

October 2011

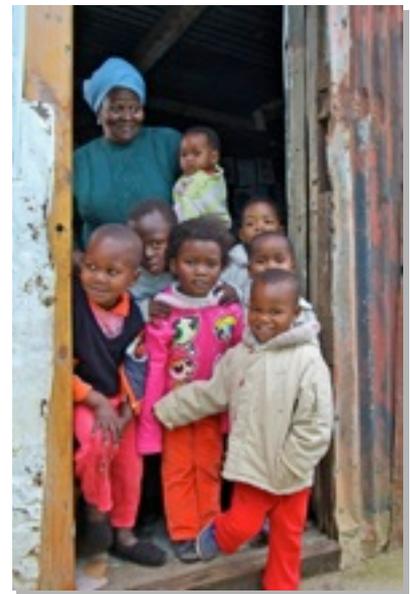
Demand for e'Pap rockets.

For those who live in the Southern Cape, the signs of economic stress are becoming increasingly clear. Over the last six months evidence of this have become glaringly obvious in the increased numbers of children coming to our various feeding outlets. Not only have we added 15 new outlets, but the number of children arriving at our existing schools and places of care have increased substantially. By September the number of children being fed has increased by over 800, representing an increase of over 20% since the beginning of the year. So we are still growing like Topsy.

We have always managed our finances in a very conservative manner and have kept a feeding reserve to cope with unforeseen need and so, thankfully, using these reserves we have been able to respond to this surge of need. This growth, driven by need has a number of different faces - here are a few snapshots of the different faces of growing:

In small ways - We have added four new small pre-schools, Sunrise Educare, Gugulethu, Ethembeni and Klein Buksies. Klein Buksies in particular caters for extremely needy children and we are so happy to be able to help these children who need nourishment so badly. We also included a small number of high school children. Here we found a teenager who wolfed down 3 plates of e'Pap on the first day and was first in the queue every day thereafter. We discovered that Elton lives completely on his own and so the e'Pap is a real blessing to him. We are helping a small group of elderly folk at Siphuncedo who also need feeding very badly, and a place of care run by a wonderful lady called Margaret Talmaggies. As well as running a soup kitchen which caters for a couple of hundred adults and children she runs an after-school care centre for school children and provides e'Pap to them.

Growing wider - by providing a number of small extras to our schools we have widened our help and deepened our relationship with them. The extras include stationery, such as kokis, crayons, glue, paint and paper. These items are like gold to the teachers. This year we also introduced a "Fixit Fund" through which we were able to help various teachers to improve their schools and meet the higher standards which the Municipality is imposing. We were able to help with toilets, shelving, ceilings, roofing, a bookcase, outdoor equipment, towels, face cloths and toothbrushes, tables and chairs and educational equipment.



Sunridge Primary Hornlee.

In large ways - We started feeding at four new Primary schools, Rheenendal in the rural area outside Knysna with 200 children, Sunridge Primary with over 200 children, Kranshoek Primary in the farming area between Knysna and Plett, and Wittedrift also a rural area the other side of Plett. Later in the newsletter we have a report from Plett which will elaborate on these schools and the growth in that area. We have been saddened to find that children have been coming into school on a Monday morning not having eaten since the previous Friday.

Growing on the map - New outlets are located in many different areas of Knysna and Plettenberg Bay as well as in the farming areas of Rheenendal, Elandskraal and Wittedrift which are particularly needy areas. Our outlet that commenced last year in Oudtshoorn is thriving and there is a lovely update from Triens on page 3.

Growing older and hopefully wiser. We have been operating for nearly nine years and we have learnt many lessons. Perhaps one of the most important is that we can't solve all problems. We have to keep focused on what we know best - providing nutritious food. A second lesson is that we need to be flexible in how we serve e'Pap. Marlise has been working hard to introduce e'Pap at the Hornlee High School and has come up with some very creative ideas that resonate better with the teenage "psyche".



At first there was a great deal of peer pressure on students who really needed e'Pap, not to do something that was not cool. So Marlise made it cool. She got the prefects on board and enthusiastic and also started making e'Pap pudding as a reward for those who had come for 5 days in a row. Once they got used to the porridge, they loved it and have found that their school work is also improving. Great innovation!

But not growing fatter

We still operate on a volunteer basis and have a wonderful group of over 70 dedicated volunteers who deliver the e'Pap to their schools regularly and provide support for the teachers and children. Our overheads are still under five percent and so 95% of donor funding ends up directly benefiting the children of the Garden Route.

Looking ahead, we are going to be reliant not only on our faithful and generous existing support base, but will be looking for creative ways to find new donors. Next year will have its challenges, but we remain confident that we will continue to find sufficient support for our needs.

The e'Pap Children's Feeding Project has been providing essential feeding for about nine years. Come the day that we celebrate our first decade, that is what we will still be doing.



Over the last year we have been privileged to take a number of our donors to see the project in action. To the left is a picture of Anne & Dieter Shaw from Amersham Rotary UK getting to know Nomfunisela Loyilani from Rainbow of Hope

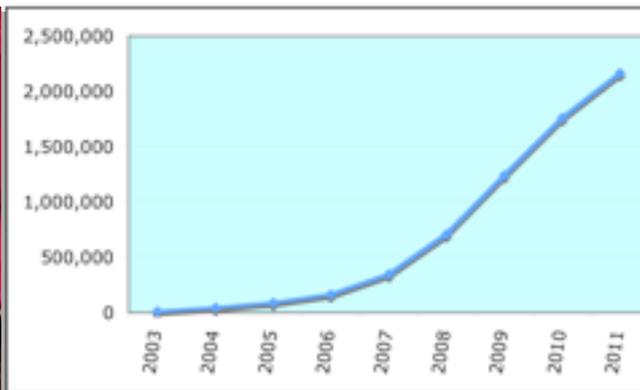
Our donors are drawn from an amazing range of individuals, businesses, service organisations, churches, leisure clubs and even a choir. Many of these are from our local, Southern Cape area and many are from abroad. The Garden Route Children's Trust in the UK is the anchor of our overseas support.

e'Pap donors will be found in Alaska, New Zealand, France, Germany, Scotland, United States of America and of course our own sunny South Africa. Our grateful thanks to each and every

individual and organisation that enables us to serve the children of the Garden Route.

Two Million meals and still feeding like crazy

We started feeding in 2003. Some six years later, in 2009, we passed a major milestone when we exceeded the one million meals served mark. Two years later, in August of this year, we sped past the 2,000,000 mark.



Plettenberg Bay - Hunger Increases, e'Pap Responds.



In Plettenberg Bay, as in many areas of South Africa, the need for food has become so desperate and it seems that those who suffer most are the children. There is undoubtedly a marked increase in the number of children arriving at school hungry, because there was nothing for breakfast. Sadly this is not occasionally!

We have had many calls for help from principals and teachers telling us of cases of children simply fainting at school because they have not had a proper meal in three days.

Happily, because e'Pap has built up some reserves, we have been able to respond to these appeals by simply saying "YES". During the course of the last few months we have included 230 children from the Wittedrift Primary School, 200 from Formosa Primary

School, 210 from the Kranshoek Primary School who go to the Kranshoek Advice centre for their bowl of e'Pap every morning and Born in Africa who feed 40 children daily. During this period we have added over 600 children to the feeding project, bring the total beneficiaries in the Plett area to 1600. Our outlets range from small crèches with just eight children all the way up to primary schools with over 200 children receiving regular nutritious food.

We are so grateful to the current donors who made this possible and are mindful of the fact that the e'Pap Children's Feeding Project will have to find additional supporters to keep the projects sustainable. We delight in the fact that this is already starting to happen. Our local Methodist Church, St Thomas, has increased its regular contribution, many of the congregation have opened their hearts and their wallets and are providing individual donations and some of the businesses in our town are starting to provide regular support. We are excited about some of the creative ideas that are being suggested for ongoing support. Without a doubt we know that our local community is backing us.



Although the focus is food, food and more food, we have received donations that have enabled us to help some of our schools in



other ways. In Kwanokuthula a lady runs a crèche that cares for 40 children in two rooms. There was nowhere to play and nothing to play with or on. A kind neighbour agreed to let the school use her open ground and thanks to our volunteer, Kathy van Staden, we were able to organise a jungle gym, swings and extra outdoor equipment. We were also able to finance a fence to keep the children safely and happily at play in the new and beautiful playground. Our focus is always on "nutrition in the tummy", but these extras serve the whole child and cause our souls to sing.

A very, very big thank you to everybody, locally and beyond whose time and money is provided so generously to keep the project healthy and growing.

"Of course, the progress in the Plettenberg Bay region is, without doubt, the fruit of the dedication and commitment of Dawn and Brian. Thank you so much, we and the children of your area are greatly indebted to you"
The e'Pap Management Committee.



OUR FACT SHEET

2003 : Year we started

70 : Number of volunteers

*85 : Number of schools
and places of care*

>4000 : Children being fed

2 million meals served to date

Contacts:

Shelley Godsell 0027 44 384 1237
Lally Viljoen 0027 44 384 0309
Annie Ogilvie 084 804 0028

email: shelley@epapfeeding.co.za

NPO : 066-865

Web site

www.epapfeeding.co.za



What is e'Pap?

*A pre-cooked porridge
containing maize, soya, vitamins
and minerals.*

*It builds healthy bodies by
strengthening the immune system*

*It is easy to serve
just add water*

Oudtshoorn is now well established



Our volunteer in the Western-most part of the e'Pap family has been involved for more than six months. Triens and her husband, Koos, live in Oudtshoorn and sent us this report.

'The Zeekoegat Primary school is situated near Oudtshoorn and mainly attended by the children of farmworkers.

I am sometimes requested by the school principal to lead the prayers at assembly as I have in the past with friends held regular prayer meetings in this community. One such morning I was asked to "wait until the children have eaten their porridge". This was how I first learned about e'Pap. Of the 100 children enrolled at Zeekoegat Primary approximately 50 are served e'Pap. The food and e'Pap provided by the school is in some cases the main source of nutrition for some really needy children. Diane who prepares and serves the e'Pap is a most capable and reliable worker.

Koos and I are now better informed about e'Pap, particularly since we attended the e'Pap volunteers' meeting in Knysna. We gained valuable insights into the project and it was wonderful to meet so many involved volunteers. We visit the school 3-4 times per month, or whenever a need arises. I am also trying to raise funds to assist this project, and Bible Study groups, friends and family have contributed. Slowly but surely this effort is expanding.

Koos and I are very happy to be involved, there is much laughter when the children run alongside the car calling out: "e'Pap, e'Pap!" It is a privilege to distribute the e'Pap and being able to feed hungry children. We praise the Lord that we can be a small link in the big e'Pap chain.'



A Final Greeting



Although the year is far from over, it has already been packed with opportunities - opportunities to serve, to build bridges, to nurture relationships and opportunities to simply love our neighbour in very practical and meaningful ways.

Certainly, there is much hunger and much poverty in our land. For sure, we can't make much of a dent in the national problem, but for over four thousand children in our immediate vicinity we are making a difference. We salute and thank the school staff, the volunteers and the donors. We extend our very best wishes for the Festive season, which will be here before you can say "eat a plate of e'Pap".



To all who will be travelling - safe journeys. To each and every one of you we say, 'please come back next year - you are needed. Together we will continue to make a difference'.