

e'Pap Children's Feeding Project

The project commenced in January 2003. Starting with just R1 800, some 60 children from two preprimary schools in Knysna were given a breakfast of a highly nutritious porridge each weekday morning. Careful monitoring over six months produced encouraging results. The children's health and concentration improved. With initial support from the Knysna Methodist Church and Knysna Rotary, the project started to expand.

Eleven years later the project has expanded to over 90 centres stretching from Oudtshoorn in the West to Storms River in the East. Enthusiastic volunteers handle distribution and monitoring so that over 4,500 children receive a vitamin-packed breakfast each school-day. Outlets include a range of schools and children's places of care. To date over 3 million meals have been served.

The key goal is to improve the health and hence the prospects of as many children as we can, by providing regular and highly nutritious meals through established community structures. In addition to feeding, we have projects to improve outdoor play areas, provide stationery & educational equipment that will improve the lives of these children. We also provide bursaries to assist pre-school teachers to receive formal training.



Who Makes it Happen

Over ninety dedicated volunteers from the Garden Route area, lead by an energetic management team form the backbone of the project. The volunteers benefit greatly from their involvement. They learn about other parts of South African society, they get to make abiding friendships with individuals from other groups and they learn the joy of loving their neighbour. School principals and cooks from over eighty schools and places of care take responsibility for preparing and serving the porridge each morning. The cooks are part of the local community and many of them know which children need that little bit extra.

Generous Donors come from South Africa, England, France, Germany, Ireland, New Zealand, the Orkney Islands, the USA and many other countries. We are grateful to the churches, service clubs and individuals who provide the funding that makes this work possible.

What is e'Pap

e'Pap is a pre-cooked porridge which is a blend of maize, soya, vitamins and minerals which are in a highly absorbable form. It is :

- Easy to serve - just mix with water or milk.
- Packed with vitamins & trace elements.
- Comes in multiple flavours.

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