



MASAZANE

SOUP KITCHEN & CHILD
PROTECTION PROJECT

Christmas 2019

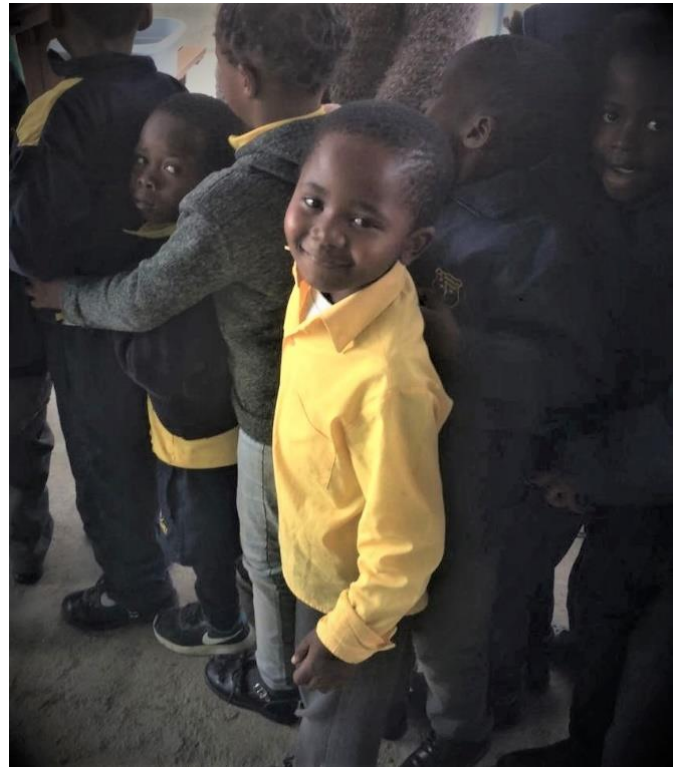
Christmas greetings to all our wonderful supporters!

2019 has seen growth and consolidation of the work being done at the soup kitchen, and we thought it would be good to end the year with some facts and pictures to celebrate the work being done by the incredible gogos (grannies) in Mbekweni township, Paarl, outside Cape Town.

68,089

This is the number of meals served in our kitchen over the first 10 months of 2019. Children from both Mbekweni Primary School and Imiboniselo Primary School benefitted.

We also are pleased to be able to report that the distribution is phased so that the youngest children are not crowded out by older children, and that Mbekweni School's **learners with physical and learning disabilities are also given preferential treatment.**



Above: Food preparation; Grade R children line up for their food; the gogos and volunteers outside the soup kitchen

2019 highlights:

Yes! Over 68,000 meals were prepared this year.

During 2019 the team also worked diligently to **improve the nutritional value** of every bowl of food and to increase the protein content. Our menu changes each day and may consist of:

- Samp, beans and vegetables
- Soup made with meaty bones, beans or dried peas, vegetables
- Fish or chicken chunks stew with rice and vegetables
- Mince meat or boerewors, beans and vegetables and vetkoek or mieliemeal.



Above: Teddies for Christmas! Food service. Three of the gogos reading our last newsletter with great interest

We've seen **huge increases** in electricity and food costs this year but remain an extremely cost-effective programme. It costs about R1.50 for each bowl of food prepared.

We started off 2019 feeding about 350 children per day. That has risen and we have ended the year preparing an average of **more than 400 meals** each day that we operate.

We continue to rely on the dedication of our volunteers and the six gogos who prepare the meals. Each gogo receives a small stipend of R400 per month to thank them for their work.

At **Christmas**, we prepare food hampers for each of the gogos, and gifts for 150 of the most needy children: stationery for the next school year, some basic toiletries, and a small packet of sweets. This year one of our donors has knitted teddy bears for the smaller children..

The Masazane Soup Kitchen and Child Protection Project is testament to the positive change that can happen when women come together to solve a problem. The original six gogos and two volunteers had a vision for Mbekweni's children – that they could thrive at school and look forward to a life without food insecurity and poverty. We know that achieving this vision needs ordinary magic – love, safety, good nutrition and an education.

We are so grateful for the support of individuals and organisations who have been inspired by this vision and joined us in trying to make it a reality.

Please FIND and FOLLOW us on Facebook

<https://www.facebook.com/Masazane-Soup-Kitchen-and-Child-Protection-Project-1408662505907226/>

Our special thanks go to our supporters and donors:

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Donations to:

**Masazane Soup Kitchen and Child
Protection Project**

First National Bank

Rondebosch

Account number: 62783960894

Swift code: FIRNZAJJ

NPO: 207-414

Please request a tax receipt from us should
this be helpful.

We are thankful for the support from Rondebosch United Church, Cape Town,
through their Samaritan Partners Trust,
contributions from church services, and ongoing prayer support.

Masazane Soup Kitchen

c/o Rondebosch United Church

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