



How You Can Help

To support our life-changing work, we need to raise awareness and collect regular donations.

Here are some ways you can help:

- Tell your friends and family about us (pass on our web address; let us know if you would like leaflets...)
- Hold an event. Nothing is too small - they all make a big difference! If we can help, just let us know
- Piggy bank: have a piggy bank on your desk in work or home and encourage folk to donate their loose change
- Standing order: donate a regular amount each month. £6 will feed 2 children every day for a month (email us for a form)
- Shop on-line at www.easyfundraising.org.uk/food4africa - it's free to register and use and we get a donation from the shops when you make a purchase
- Set up your own page for Food4Africa at www.justgiving.com/food4africa - it could be for an event you are holding and you want the funds to go to F4A - it's free to set up your own page

All the children in our photos are fed every day by Food4Africa.



How the Numbers Add Up

10p: to feed a child for a day!

£3: to feed a child every day for a month

£6: to feed 2 children every day for a month

£12: to feed 4 children every day for a month

£30: to feed 10 children every day for a month

All donations are gratefully received!



You can make a one-off donation or set up a regular donation at www.justgiving.com/food4africa

Or post a cheque to the address below.



For more information, please contact us:

Food4Africa UK
PO Box 5516, Glasgow, G77 5ZY
tel: 0141 639 4525 email: dawn@food4africa.org

UK: www.food4africauk.org
South Africa: www.food4africa.org

We would love to talk to you about our work!

January 2011

Food4Africa



Protecting the Future



Welcome to



The **Food4Africa** charity raises awareness of the needs of orphans in Southern Africa's most needy communities and raises money to feed children a nutritious daily meal.

Our message is positive which is why we show you photos of our children smiling. Children are inherently positive. When their basic needs are met, such as one healthy meal a day given by a caring person, they smile, they are happy.

Of course we see many sad children. Our message is that we can (and do!) make them happy. The more smiles we see, the more we know we are making a difference.

We work closely with Food4Africa in South Africa to distribute a nutritionally rich 'porridge' made from a precooked maize and soya base, enriched with 19 minerals and vitamins.

Food4Africa now feeds 17,000 children every day in South Africa.

Did You Know...As a result of HIV/AIDS, there are more than 2 million children under the age of 17 orphaned in South Africa. 65% of them live at home where the head of the household is a teenager.

Did You Know ... Southern Africa has the largest number of orphans in the world. They need a chance to reach their teens and beyond with improved quality of life and hope. Our feeding programme is helping to make this happen.

One simple meal a day has extraordinarily positive effects on children by improving their weight gain and well-being.

This porridge also has an extremely beneficial effect in helping children to fight the diseases and illnesses of everyday life.

Food4Africa's helps orphans between 6 months - 12 years to feed them on a sustainable basis at their most crucial stage of development.

Our aims for children are to:

- Alleviate hunger and poverty
- Maximise energy levels and enhance immune systems to fight off diseases
- Develop 'brain' potential for future learning
- Promote better concentration and well-being
- Make it easier for them to cope with school

Food4Africa works with community organisations in South Africa who run crèches and pre-schools and who need food for the children. We are helping them to build local, sustainable communities for the future.

Food4Africa field workers collect the porridge from depots and deliver it to identified areas for distribution.

Regular reports are provided by the crèches, monitoring the effects of feeding and weight gain in the children.

This ensures we:

- Eliminate high administration costs
- Deliver food direct to the children
- Deliver food at less than half the retail cost, enabling more children to be fed



Current UK Work

At this time, **Food4Africa UK** is focussing on raising money to feed 2,000 children in crèches and pre-schools in Kwazulu-Natal and the Eastern Cape in South Africa.

Each crèche/pre-school has between 18 - 200 children, ranging from 6 months to 5 years.

Our goal is to continue to feed these children and to bring in new crèches and pre-schools as the fundraising grows.

With your help, we can ensure the children we currently feed will continue to be fed ... and importantly... we can begin to look after new children in need.



Food4Africa is recognised in South Africa by World Vision and UNICEF as a practical and measurable way of making an immediate and sustainable difference to childhood development.

Charity Registration: SC037178

Company Registration: SC296214

Registered Office: 34 West George Street, Glasgow, G2 1DG