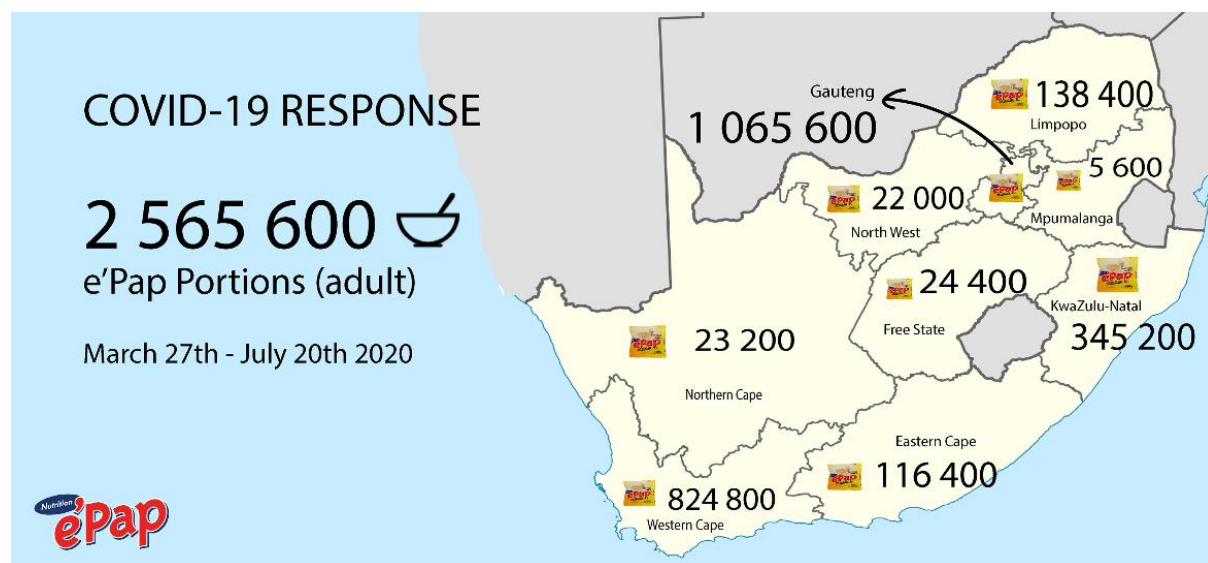


# THE e'Pap FOUNDATION NPC

## COVID-19 Response Report March-July 2020 South Africa

### Lockdown 5 to Lockdown 3

#### The Remembered People



The e'Pap Team decided that our theme for covid relief would be:

Calm Care Connect Share to build resilience.

Our dedication:

*To remind all those who believe they have been forgotten  
Children of Africa, Gogos, Izimbokodo – You are seen, heard and valued!*

*Volunteers, Sponsors, Social and community workers, Faith based groups,  
academics, Food economy thought leaders, professionals and South Africans.  
Your essential contribution against massive odds is heroic.*

*Unwittingly, covid has galvanized the gift of renewed civil cooperation.*

*Nkosi Sikelel iAfrika.*

## The Remembered People – COVID-19 Response March-July 2020

The e'Pap Foundation has two key objectives in relation to food relief- a nutrient replete population and to end stunting. For us to make a difference, food aid must not only keep people alive, but add to the nutrient status of people during this COVID-19 time. What we do today for each child and vulnerable household will impact on the education budget, health budget, Gross Domestic Product and the wellness of our people for the next 40 to 60 years. Today's actions will affect 3 more generations.

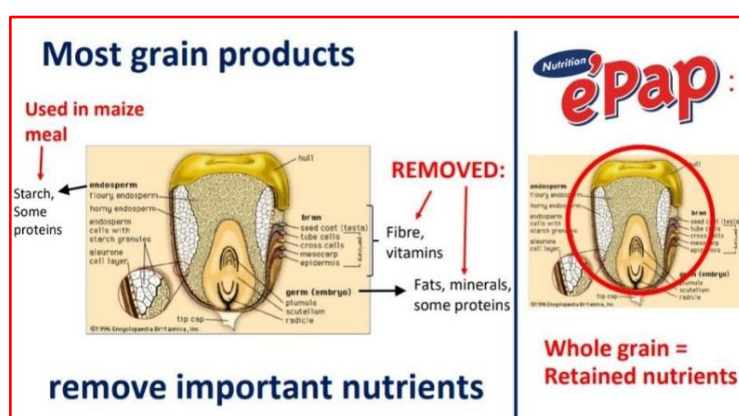
**Nutrient replete:** A sufficient requisite quantity of absorbed micro and macro nutrients that enable the body to maintain optimum wellness.

Micro nutrients are a necessary part of our diet. What counts is what is absorbed and used. There are three concepts that are considered when evaluating a nutrient matrix: Form of nutrient, bio availability and bio efficacy. Simply, can the body recognise the nutrient, can it absorb it and can the nutrient be used by the body? The key question is how does food need to be formulated so that the body derives maximum benefit, in the most efficient way, so that the multitude of body functions are supported and ready for developing the brain's coherent learning patterns and physical growing, playing, working and thriving.

Currently, the food industry is still reaching for change, after decades of common practice bliss factor foods. This trend has trained consumers into eating patterns that have resulted in the health issues at pandemic levels in many countries – a carbohydrate heavy, fibre poor, protein poor diet which is linked to conditions like obesity, diabetes, hyper tension and depression.

A 50g serving of e'Pap per day contributes 26 grams of the 80 grams of carbohydrates advocated by the “no carb” lobby.

A large proportion of South Africans eat around 300g of refined, dehulled, degermed grains per day. Even when people eat local grains e.g. sorghum it is often dehulled and degermed. This means that the most nutritious parts of our staples are removed from the purchased end product. So, there is a great deal to do to get the population nutrient replete and physiologically functioning as humans are intended.



To correct the food chain, we have to start with soil food web (reference soil food web, mycorrhizas, nutrient absorption and release in plants) and examine all the food processes to where consumers eat a meal. e'Pap plays a role in getting people assisted to start the journey towards healthy eating.

At school, Life Orientation only teaches children about macro food groups, and briefly mentions that there are vitamins and minerals. The course advises a little of each macro food group every day. This alone is not going to create nutrient repleteness, an important factor in overall wellbeing.

**Stunting:** We have pointed to the unnecessary scourge of stunting for decades. Current research into the gut biome indicate that there are many factors that need to be considered in overcoming stunting. Nutrition is a cornerstone and additional research is continuing. A concern is how policy formulators and policy makers focus on key interventions necessary, balanced with the multitude of interests that emerge in a crisis. Clear thinking is needed beyond the short-term political motivations, crisis reactions and personal survival strategies to which people revert.

South Africa is tackling stunting in a new way through the Grow Great initiative. Key social investors and patron Dr Tshepo Motsepe, South Africa's first lady, have shown support, which means that this fundamental building block of population wellness will get high level attention. We hope that with appropriate funding and action stunted babies and children will be addressed. May thriving be the way forwards.

### **Summary of our relief activities**

#### **Hillbrow Recreation Centre - temporary shelter for men during COVID-19 pandemic**

At the start of Lockdown 5, we registered as essential service workers. We received a letter from the Anglican Diocese, Sophiatown to assist homeless men housed in the Hillbrow Recreation Centre. The centre is under the direction of the Displaced Person's Unit being managed from 3 Kotze Street, Hillbrow. Rose went to visit Themba and his team immediately and heard that little food had arrived in the first 4 days. Men were hungry. 10,000 meal portions were dispatched to Hillbrow street and 2000 e'Pap portions taken to Hillbrow recreation centre along with disinfectant, cleaning materials, masks, gloves, buckets, an urn for hot water, lemons. 200kg of instant porridge was provided directly to assist the men. The photo taken spurred donations and support from around the world. Enabling the e'Pap Foundation to prepare 500 hot meals. Ingredients were donated by SuperSconto, Italian deli. A kitchen was made available by St Luke's Anglican Church, Orchards. Support continued and 530 Easter Gift Packs consisting of essentials and treats were made by volunteers to make these men feel loved over a religious holiday. As the City of Johannesburg and Gauteng Province were able to feed those in urban areas, we focused further afield.

And so, it began... The e'Pap Foundation received funds from a private donor to kick off the rural campaign.

**Boikanyo, The Dion Herson Foundation** Marilyn Herson Bassin proved the name of Boikanyo ("we rely on each other") that cooperation between NPOs created the resilient structure we needed at this time. Marilyn identified NPOs, Faith based charities or Rotary clubs in areas with known hunger. Starting in Eldorado Park, Katlehong and South Johannesburg, CLAW (Community Led Animal Welfare) the movement grew. Newcastle (KZN), Soweto, Alexandra, Benoni and Hillbrow. Hoedspruit, South African Medical Exp, Gateway Health Institute, Shongwe Hospital, POSH Foundation, Hlokomela Wellness Clinic, Nourish, The Angel Network - Helping where help is needed, Youth Opportunities SA, Fight With Insight, Manguzi Hospital, Thohoyandou NPOs, Animal Allies, Rotary Newcastle, Dundee Rotary Club, Nashua Children's Charity Foundation, The Haenertsburg Club, Letaba, Thaba Nchu, Tswane Waterkloof Rotary, Tzaneen, Port St Johns, Pietermaritzburg, Mmthatha, Jozini, Hammanskraal, Soshanguve, Nquthu and Vryheid received e'Pap.

**The Angel Network** sent loads to Nobody in Mpumalanga, BraamFisherville, Yeoville, numerous locations in Soweto, Tsakane, Hammanskraal and Kaya Sands. The Angel Network continues with its outreach work in many communities, after any calamity, they are there assisting, feeding and calming.

**Love Justice International** is an organization usually focused on ending human trafficking. Since the global lockdown their effort turned to food relief. Their South African office did mass food parcel distribution throughout vulnerable areas of Gauteng for the first two months of the lock down.

**67 Blankets for Nelson Mandela Day** donated 201 homemade blankets to the homeless locked down in 3 Kotze Street and have assisted the e'Pap Foundation in outreach. **Carolyn Steyn** sponsored e'Pap to areas of need and The e'Pap Foundation's focus on nutrition for children.

**Food Circles 108 Community** included e'Pap in their food parcels that support Gift of The Givers in Central Johannesburg relief.

**We Care Mother Africa (WCMA)** is a non-profit organisation, founded by women for marginalised communities in South Africa. Since the outbreak of the pandemic WCMA has devoted resources and efforts toward food relief in Limpopo and KZN. They continue their work to alleviate poverty.

**Orenda Foundation** adopted the KZN Amalandela Orphanage in Hammarsdale

**SA Harvest** collected donations were made by the Angel Network and the e'Pap Foundation

**Union of Jewish Woman** helped to pack over a thousand food packs. Lisette Datnow and Ingrid Koor raised funds to distribute e'Pap through Johannesburg based CBO's in Alexandra, Yeoville and Hillbrow.

**The Viva Foundation** have provided 36,000 e'Pap meals, through lockdown.

**ZARoyance** whose commitment to learners in Atteridgeville is incredible.

**The e'Pap Children's Feeding Project** in Knysna, Plettenberg Bay and George have continued to supply their projects throughout Lockdown and have great COVID-19 reports.

Residents at **Botshabelo Poverty Alleviation Centre** a long-term partner have been growing seedlings grown by the wonderful **Tlholego Eco Village**.

The e'Pap Foundation is committed to the total view of nutrition from farm to fork- our learning theme for 2020.



## **FIELD VISIT REPORTS**

### **LIMPOPO – TZANEEN and Villages Msiphani and Nkambako (21/05/20-23/05/20)**

#### **A brief History of Tzaneen**

Greater Tzaneen Local Municipality is situated in east of Limpopo within the Mopani District Municipality area of jurisdiction. It is bordered by Polokwane to the west, Greater Letaba to the north, Ba-Phalaborwa and Maruleng to the east and Lepelle-Nkumpi to the south. It contains 125 rural villages, with almost 80% of households residing in these villages. The area encompasses the main towns of Tzaneen, Nkowankowa, Lenyenye, Letsitele and Haenertsburg. The population is 390 095 (StatsSA, 2011). Stemming from 'Tzaneng' which means 'come together' the town is situated in the foothills of the Wolkberg (Cloud mountain) the area is rich in indigenous and exotic plants and agriculture.



In May, Marilyn Bassin from Boikanyo, The Dion Herson Foundation, Lisette Shain Datnow of the Jewish Board of Deputies and Rose Kransdorff - The e'Pap Foundation visited Limpopo to assess the need and donate 3 tons of e'Pap on behalf of sponsors. Cognisant of the threat of COVID-19, we all wore masks, shields and applied sanitizer before and after each visit. We stayed socially distant.

On the way we visited a little town of Nobody. Not a soul stirred there during the strict Lockdown. The Angel Network later sent a load of e'Pap to Nobody reported in a post on their Facebook page.

We did home visits in villages facilitated by The Choice Trust to whom a ton of e'Pap (20,000 meals) was donated and Doctor Coenie Louw who arranged a further distribution of 2 tons (40,000 meals) through community-based organisations. We wanted to assess the need and inform our sponsors of the circumstances of rural communities during COVID-19.

For readers outside South Africa, "remote and rural" is a description of dirt roads leading off a good distance away from the main roads and asphalt arterial roads. Roads are often bumpy, eroded and potholed. The 12 to 16-seater mini bus taxis do not go further than central points. Large funders advocate cell phone food vouchers. As we scan the area for the closest Retail store it's clear that there are none. A few spazas or tuckshops are scattered here and there, but in the residential area, one is half an hour drive away from the closest retail store. If one is ill, elderly, or a child headed household, pregnant or a new mother, the voucher is not an easy solution. The distance from home to the taxi rank is already a challenge. Then there is the taxi fare to town with only 7 people allowed per vehicle to minimise health risk. Vulnerable people definitely need a different level of food (and water) provision. The e'Pap we distribute is easy and safe for a small child to mix. No cooking means that weak or frail people find it easy and it sustains them. It seems simple and indeed many do not understand the micronutrient gift they are receiving. Many in the area received the product in the past and know that a little goes a long way. The main thing we want to explain is portion size: children under 6 have 2 Tablespoons a day; 6 and older eat 4 Tablespoons. Mix with clean water and eat.



**Day 1:** We travel out of Tzaneen for about 15 minutes, passing fruit and nut farms, then turn onto dirt roads. Villages come and go as we wind our way to homes of people who are clients of our social worker host.

**Family 1:** A mature woman in palliative care – advanced cancer. Her Mother in law is a colourfully wrapped Xitsonga speaking Grandmother of 79. Granny mentions aches in her knees and her back. They have a relatively large block of land on which are 5 small rectangular buildings arranged in a quadrangle. The woman we visit has had cancer for 6 years. She was sitting on the stoep, in the sun when we arrived. The social worker has brought a donation of eggs, locally grown spinach, avocados and e’Pap. She tells us that she is relying on small portions of e’Pap 3 times a day. We chat about her symptoms and what would make it easier for her. This woman was a volunteer at the Trust prior to this illness.

**Family 2:** Closer to Tzaneen, a young woman with cancer lies in bed, unable to walk – very tired and in pain. The home has a series of small buildings where various family members have their own spaces. 17 children between the ages of 1 and 16 live here. Their mothers being the 3 sisters and their 3 daughters. The family meal is chicken feet and beaks. Bread for breakfast. Family members speak of waiting for the grants. The Social worker was aware of 2 families out of the 800 families case load received a parcel during the March to May lockdown period. People were aware of, but still awaited “Solidarity, Sassa or government food parcels”. The conversation reveals that this home had 3 employed people before lockdown. One daughter is a nurse but she has recently become unemployed.



The children at this home still looked well. They laughed and chatted, washed and ready for bed by half past four. The women talked of their uncertain future as none of the adults were at work, how would they afford food?

**Day 2:** Hellish poverty in a very remote area, especially for children with Mozambican parents. No South African birth certificate or identity card means that children enter school only when they can find a willing school principal. They do not qualify for grants. Chronic medication is facilitated when a social worker intervenes.



**Family 3:** South African Granny is 40, a tiny person who we at first mistook for a young girl. Her daughter aged 17, is marginally taller than her mum. She has a daughter toddling, not yet 2 years old. No men are present. Young Granny has a finger that has gone green in colour and contains puss. During lock down, the clinic sent her home. A wood chopping accident happened where a poisonous splinter entered her finger. It affected her whole arm. A plan is made to get treatment from the clinic. The social worker decides all three will receive disinfectant, sanitizer and e’Pap for a month.



**Family 4:** Mother and Father with 6 children. The first and second born are well looking people, average height and weight. The oldest girl has been cooking the family breakfast in a cast iron pot, mielie meal porridge in the separate building for kitchen. In the kitchen there is a neatly laid wood fire and a number of pots and spoons. The ash from the breakfast fire is already swept away. The family purchases R200 electricity per month, prepaid from their grant money (Father gets a disability grants, child support grant). This electricity is for lights and heating some water. It is too expensive to run an electric fridge and stove. The yard is stacked with branches for firewood. The yard is swept clean of any plants. A ball made of bread-packets-rolled-up waits for match kick off.



The parents became HIV+ before their third son, who was born HIV +. At 17 years old as tall as a 10-year-old. (WHO chart indicates -3z percentile). This boy is in grade 8.

His younger brother, a boy of 10 is also physically stunted (shorter than a 6-year-old) but intellectually he is in the age appropriate grade. During lockdown, the family sits outdoors on a sunny winter morning.

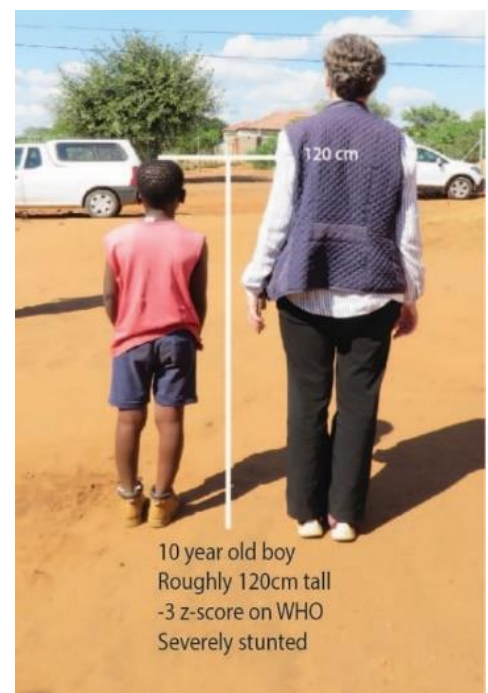
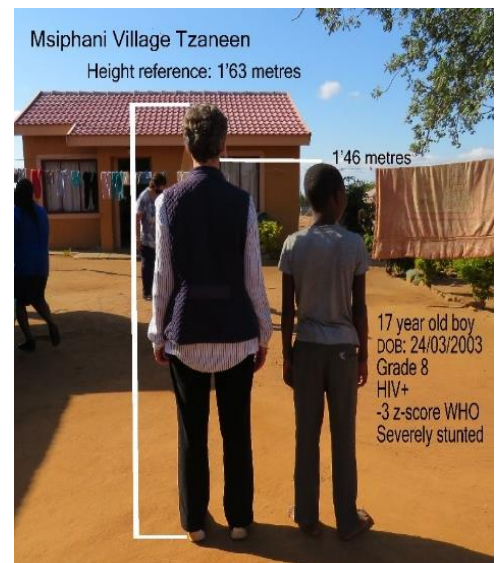
#### **Family 5:** Child headed household.

We are met at the gate of a yard by a small boy. He gives a big smile when he sees his social worker. We are surprised to learn that he is 10 years old. HIV+, yhe boy missed his clinic visit during lockdown. There was no one to take him.

He is shorter than his 6-year-old sister. Their little brother is a 3-year-old toddler. These three children are running the home on their own. Their mother has gone to visit a friend. The children fetched chairs for us to sit on. Serious children, no smiles. The young girl knew that she would need an adult present or risk being removed. The social worker knows that removing them isn't an option as during lockdown - there is no facility.

**Family 6:** South African born 17-year-old HIV+ boy with a Mozambican mother, stunted in height. He does access chronic medication and clearly relates well with his social worker.

There is very little money for electricity so the family uses fire wood and iron pots outside. A vegetable garden shows a few wilted spinach leaves. Here the "walky talky" feet and beaks from the large family yesterday would be considered very lucky! A tin of reject watermelon seems to be what there is. He appreciates that the e'Pap is for him but others in the house have no food, so he must share.



**Family 7:** A young woman of Mozambican origin hid in the bushes and watched us chatting with the boy from Family 6. She holds her one-month old baby in her arms. She and another young woman have 5 children to care for and no food. Our objective is to prevent stunting so this family group received 20Kgs of e'Pap and an explanation to eat a little each day.

**Day 3:** We meet Doctor Coenie Louw and his team of community workers and drive out to a new remote area. After negotiating some deep donga roads, twisting through a warren of densely packed housing, we arrive at a home. There we meet a granny and blind grandpa, numerous mothers with small children. A pair of twins steal the show with their cuteness. Today we have masks for many and have a few laughs as people try them on and get them snugly into position. Everyone wants a photo taken as we maintain social distance. Women and young boys come by pushing wheelbarrows of logs, kindling and long branches...



On some plots we meet more severely stunted boys. Between 12 and 15 children live in each home. Patchy hair, skin blotches and skin sores tell us that nutrition is present. The children giggle and play in the warm winter midday sun. Life under lockdown during COVID-19.

*Thank you to the social workers, community workers and doctor Coenie Louw who go the extra mile to attend, listen, make practical plans and mediate for the people in forgotten places.*

## KZN-JOZINI AREA (30/06/20-03/07/20)

### A brief history of Jozini

The Jozini municipality is located in northern KZN and borders both Swaziland and Mozambique. Jozini is home to the Pongolapoort dam (also known as Jozini dam) as well as the oldest conservation area in South Africa. The dam draws its water from the Pongolo River. It supports a significant amount of wildlife as well as the population who depend on the dam's influence on the local economy. The dam was designed to irrigate more than 80 000 hectares of local agriculture which includes sugar cane, coffee and rice.

Marilyn Bassin, Justin Groeneweg, Daniel Kransdorff and Ilan Ossendryver visited the region of Jozini and found NPOs with the capacity and logistic capability of NGOs in the area to distribute 30 days of e'Pap to child and Gogo-headed households.

Local heroes are present and doing their very best to provide in difficult situations. No official support received yet for so many people.

Isibani Sethemba (Old Ingwavuma Orphan Care) was the first NGO we visited. The area is an extremely remote rural setting, organised under Tribal authority. The organisation has great capacity to serve beneficiaries with vast storage space and bakkies for logistics. The worn tread on the tire shows the amount of driving and work that they do. Originally this was an organisation for orphan support and AIDS assistance. We visited some of these families, all Gogo headed with no sign of parents. 40 kgs were donated for project workers to allocate to child and Gogo headed households, until the large load is sent.

A 10-year-old boy poses outside his home. Rashes on his skin are an indication of malnourishment.

His height is in the category of severe stunting. His size reflects that of a 5-year-old (WHO chart).

**Nokothula Dladla** is the coordinator of the Siyaphambile Qondile, a community-based organisation that we visited in Mkuze. Without formal income or qualifications, Mama Nokothula runs the care centre for the entire community, providing care and education to handicapped youth and counselling and food support (where she can) to vulnerable households. She has the capacity for storage but no transport. So, sprung the idea of running a soup kitchen from their building. The area has infrastructure as it is near a main road with garages and shops. Families living in the area are still very vulnerable and in need of food support. A bale 20Kg e'Pap (400 meal portions) was left with her until the load arrives.

Mama Nokothula introduced us to this family. They sit outside their home where they all the live. They are reliant on the wages of the 19-year-old who works on a farm.



We were also introduced to a blind mother living next door to the family above.

Men are not present in households living in this highly impoverished area.

The third organisation was Emseleni Ministries, run by Rachel Fredlund. We were shown around the Mduku area by Saziso. He has a deep knowledge of the area and the families living there. The organisation works with orphans, vulnerable children and disadvantaged young people. It teams up with The Coco Foundation to build houses for the vulnerable. The organisation has capacity and the logistics to handle e'Pap distribution.

Once again, a valuable Gogo and her grandchildren, all the parentless children she is looking after. When asked, she revealed that 6 of her own children have passed away.

A family enjoy the sun outside their home built by The Coco Foundation. No adult male is present on this property.



A young girl carries her baby sibling on her back. The hair on the baby's head is patchy. The skin on his legs is flaky. A little girl has little time to be a child. This tells us a story which we have seen for decades. Who wants to breakthrough to the new?

We remain convinced that unless the children receive macro and micro nutrients in a way the body can absorb and use, they will join the long list of children that are micro nutrient deficient, fed on empty calories, find it difficult to progress in education and life. We must end this as a nation. Well nations rise.

6 Tons were sent to this area on 14 July 2020 to be distributed by these organisations as well as Zisize Education Trust in Ingwavuma, Rotary Empangeni and the Rotary Club of Mtunzini. Thank you to Sponsors who make it possible to play a role, where no others will.

## KZN - NQUTHU UMZINYATHI DISTRICT

### A brief history of Nquthu

Nquthu- The name being of Zulu origin derived from 'insquthu'- meaning a flat-topped vessel, descriptive of a nearby hill from which the village takes its name. It is 53 km East of Dundee. The first language is Zulu and women are the predominant gender at 57.29%. In most villages of South Africa, the men venture off to cities, to find work and support their family. The area is rich in Zulu war history and home to world-famous battlefields.

**Day 1 – The Light House International Ministries** hosted by Founder, Rhoda Limburgh. Rhoda has been cooking for people with no electricity and no food. No food parcels have arrived. She was happy to receive e'Pap because it improves the nutrient status of people while saving cooking time and fuel.

We meet people who live with HIV, TB and serious malnutrition is evident. Some young women are angry about their situation, abandoned with babies, no way to make a different living. They have to stand in line on a cold day. Most people just fall in and wait as required.

**Day 2 - CEO - Marga Barron and the care workers of Sizanani Community Development and Aids Awareness**, helped to identify areas and Gogo homes and child headed homes in dire need of food support. The town of Nquthu has grown since a previous visit. The rain has puddled potholes and dongas. We meet two care workers in the town and head south to remote villages.



On the icy day of our visit, we encountered this vast, dry, cold landscape. One could be forgiven for wondering into which century have we stepped, as large town amenities disappear. Again, the food vouchers that allow for the bearer to shop at large retailers are not going to be so useful here. There is not even a tuckshop. We encounter one or two vehicles in a thirty-minute drive.

Rondavels with no electricity for light or heating. Windows are boarded up or blanketed against the cold. Not many glass windows. Inside blankets are hung across windows to block out the draft. A fire burning in the middle belches eye watering smoke. Many dwellings are deteriorated and derelict.

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The people living here are extremely poor. Access to resources is limited. The ones who went away to work, no longer send money back or have died. The few young men are just at home in the middle of the day. There are no trade schools, no industry and few animals to tend.

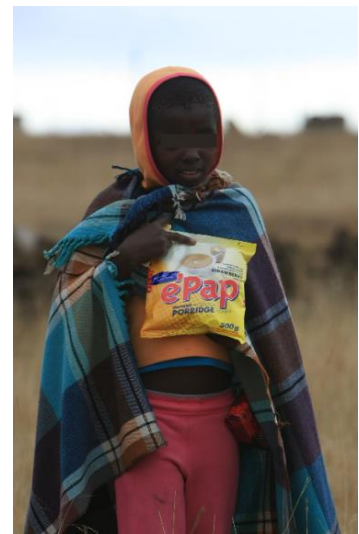
The only income for the Gogos heading these households is via grants. Many Gogos suffer comorbidities and look after many grandchildren, but without them the children would have no adults. Gogos are so valuable, the rock of their families.



This kraal speaks a thousand words. There are no animals or chickens in the coop.

This Gogo embodies the song, "*Wathint'Abafazi Wathint'imbokodo.*"

12 Grandchildren, her own children have died. But her eyes are strong, she still knows joy. She is a rock for these children and her community. Thank you Gogo! Now, how shall we empower the young ones from these areas?



## LIMPOPO-VENDA (09/05/20-11/05/20)

### A brief History of Thohoyandou

Thohoyandou is the former capital of the independent homeland of the Republic of Venda. Situated in the Vheme Region of the Limpopo Province, Thohoyandou is the lush agricultural centre of the region. The soil is rich and loamy so fruits and vegetables grow in abundance and at above usual sizes. The town is named after the great king of Vhavenda who ruled the kingdom somewhere between 1690 and 1730. The name is TshiVenda for “head of the elephant” representing the administrative and commercial centre for the Venda community. A stadium was built to celebrate the independence of Venda. Originally named the Venda Independence Stadium, in 1994, the name changed to Thohoyandou Stadium. This iconic landmark set the stage for our meeting place with the first two organisations.

The aim was to find organisations in need of e’Pap during lockdown. Funanani Mabogo was entrusted to identify these organisations. A *mutuka wa-hayani* Thohoyandou, Funanani’s knowledge of the area is great. It was his first trip home since graduating from Venda University with an Honours Degree in Food Science. Close family members, teachers and friends are so proud of Funanani, as are we.



The first organisation was **Thohoyandou Child Youth Care Centre**, on Saturday the 9th of May. This is a government institution that assists children with food, clothes and education. These children are abused or homeless. The Youth Care Centre makes sure these children have what is needed to survive. They were delighted to receive their supply e’Pap (1200 meal portions).

*Funanani and Thohoyandou CYCC team*

“On behalf of the children at Thohoyandou CYCC, we would like to thank Boikanyo and The e’Pap Foundation for the generous gift, may their work grow and continue to help those that need it.” – Mmule Mothapo, director of the institution.

**Mission For Christ Centre Church**, received 1200 meal portions. This church, located in Dzingahe, has over 100 members, many of whom are elderly. The church provides counselling and food packs to community member where they are able. Since lockdown and the closure of churches and religious gatherings they have been struggling too. Pastor Sinthumule said that the donation would go to the Gogos who are vulnerable and most in need.

*Funanani and Mission For Christ Centre Church congregants*



*“We are really grateful to the e’Pap team for this donation, we have a significant number of elderly people who really need this product to strengthen their immune system during this covid-19 lockdown.” - Pastor T.W Sinthumule.*

**Divhanivhuyo** was established 8 years ago, to look after 85 orphans. The Ha-mustsha Tsianda based organisation strives to alleviate poverty, to give food parcels, blankets and educational financial support to the needy in Venda. Speaking on behalf of the organisation, Bohwana Pfano said that they feel so honoured to receive e’Pap. The organisation hadn’t received food parcels yet from any departments or organisations.



*“Because of this lockdown, we have not been able to feed the kids properly, we have very little funds at the moment to feed the kids and we believe this e’Pap is going to play a big role.”*

*Funanani, Justin and the Divhanivhuyo team*

**I Choose To Care**, is an organisation founded by University of Venda students who witnessed a gap between the rich and poor students enrolled at the institution. They help the poor students by providing them with basic needs. Striving to create a hunger free environment for students.

During school holidays, these students also help families with disadvantaged backgrounds, orphanages, old age homes and disability centres around the Vhembe region.



*“We are so thankful for this parcel; we shall be able to help the needy families since the University is closed due to COVID-19 lockdown.” said Student - Mashau Nduvheni.*

*Funanani, Justin and the I Choose To Care team*

### **Thohoyandou Victim Empowerment Programme (TVEP)**

Lastly, we visited old e’Pap friends at TVEP. This organisation focuses on providing prevention, empowerment and support services in five thematic areas: HIV/AIDS, child abuse, domestic violence, sexual assault, and LGBTQI/ minorities. For 19 years, TVEP have assisted thousands of people with educational workshops, dialogues, and campaigns. Mr Masikhwa M, who is the director of this institution spoke highly of e’Pap and how it helps TVEP to care for rape victims.



TVEP organised a radio interview for Funanani since he is a graduate of the town. People were informed about e'Pap, micro nutrients form and absorption and how it helps people maintain their nutritional status and face life's challenges.

On this visit to explore the nutritional needs, we donated 4800 meals and managed to expand nutrition awareness whilst respecting and connecting with the Venda community. Malnourishment stunting was evident in children across various villages. We look forwards to our next visit to Venda.

## **NOTHERN CAPE – PLATFONTEIN (14/06/2020)**

### **A brief History of Platfontein**

Before 1960, the !Xun and Khwe lived in Angola following a hunter-gatherer lifestyle. The men were recruited, first by the Portuguese and then by the South African armies, to fight in wars in Angola and Namibia. Namibia acquired independence in 1990. 372 soldiers and 3,600 dependents were relocated to South Africa and accommodated in sprawling tented army camp at Schmidtsdrift (80km south west of Kimberley). This land was forcibly removed from Tswana communities in 1969 – who lodged a land claim in 1994. In 1999 the government purchased Platfontein farm. 12,500 hectares of bushveld farmland 12km west of Kimberley. Houses, roadways, churches and a school were constructed. The Schmidtsdrift residents relocated to Platfontein in 2000/01 and were forced to adapt to modern life. (Kimberley South Rotary Club, 2019)

On Sunday 14 June at 11AM, we set out with Lisette and company for Platfontein. Thank you to our guide Mary- Anne Dauberman works in the community through the Kimberley South Rotary Club.

The Kimberley South Rotary Club conducted a population census in 2011. (See Fig. A). The estimated current population is 7000. The !Xun and Khwe people suffer the same challenges as other townships in South Africa. 20 years on since relocation to Platfontein and the area still lacks many of the amenities required by a community. There are poor education opportunities, high unemployment, little access to water and electricity, and many parentless households.



Dominie Petrus Manu, community leader from the Khwe, welcomed us. Greetings and introductions took place, 6000 meal portions of e'Pap were received at his residence. He distributed the packets amongst vulnerable children via school and church networks. Dominie Petrus has the necessary knowledge to identify the children most in need.

*Dominie Petrus Manu, Lisette and Mary Anne outside Dominie's home in Platfontein.*

Following the Khwe visit, we headed to the !Xhun settlement where we were met by a group of children and some mothers at the community church. The community leader, with his adult son brought a large group of children. The children showed signs of MAM (moderate acute malnourishment) and stunted growth. Each child received a pack to take home (10 meal portions each). Photos and names from the community are withheld based on request.

## **CONCLUSION**

During this time of COVID-19 many people have become invisible. Thanks to our sponsors there is a glimmer of relief and these people are seen. Your co-operation has been awesome. One WhatsApp to about ten friends, one Facebook post and we were on the way.

It is tough for so many people at all levels of society but sharing what we can makes a small difference to the people in forgotten areas. This is how to keep ourselves whole hearted and courageous.

Wave 1 of the NIDS-CRAM survey (April survey, released 15 July 2020) identified 15% of respondents reporting a child in their household going hungry at least once in the past week (April 2020). Households managed to “limit” the amount of child hunger to 15% in April as 22% reported a nonchild household member going hungry. Therefore, the study indicates that adults appeared to be sacrificing their own food to keep children fed. A shocking 47% of respondents reported that the household’s money to buy food ran out in April. Further, the survey evidence suggests a sharp rise in hunger, especially child hunger, since the start of the pandemic and loss of work-related income in South Africa (van der Berg, Zuze and Bridgeman, 2020). NIDS-CRAM plans to report on 4 further surveys in the future. We thank them for their efforts and providing the survey as open source.

Having witnessed this NIDS-CRAM data first hand on our visits to the rural areas it is important to maintain our unity at this time. Co-operation is key. When we work together calmly, we can make things happen. Let’s continue to do what it takes to secure children’s lives.

Thank you for reading and sharing our record of visits to people in remote areas of South Africa during this pandemic.

**Our aim is to highlight the urgent humanitarian need for food; an end to empty calorie food and a commitment to nutritious food so that all our children may thrive, grow, learn and participate in building their future and the collective future of our nation.**

Hillbrow men’s shelter,  
Day 4, Lockdown 5



## Acknowledgements and Appreciation

Funder and Trustee of Boikanyo-The Dion Herson Foundation, Marilyn Bassin, initiated the “Save a soul” campaign. Marilyn works tirelessly to research areas of hunger and to find organisations with capacity to deliver e’Pap to households (child headed or Gogo headed) and to ensure that every cent of sponsors money is correctly and rapidly deployed. The field trips we shared give a first-hand experience of COVID lockdown life for millions of rural South Africans. Thanks to the Boikanyo team Carli, Gina, Shane and Ben. Lisette Datnow, closely connected with the Jewish Board of Deputies, Union of Jewish Women and Boikanyo raised funds for two of the areas documented, Thaba Nchu and Platfontein. Deliveries were also facilitated in Wakkerstroom, and with CWENA (The Christian Women’s Empowerment Network in Africa).

**Photographs** in this report and on our Facebook postings are courtesy of Justin Chen (House of Moments) Lisette Datnow, photojournalist Ilan Ossendryver (FB Soweto and other township tours). Field visit participants sent photographs taken on cell phones. Photographs were taken with permission. Children’s eyes are blanked out to protect their identity.

Many **Volunteers** continue to participate to pack parcels, provide transport in urban areas (Hillbrow, Soweto, Soshanguve and locations where CANS and SA Harvest feed) and to far flung places - Barbeton, Dinokeng, Dundee, Ingwavuma, Jozini, Magaliesburg, Manguzi, Mmthata Platfontein, ThabaNchu, Thoyandou, Tzaneen districts and many more– Rotary members in small towns are frequent volunteers. Volunteers assisted on different field visits to hand out age appropriate quantities of e’Pap to queues of people; Dee brought 100kgs of dog food on the Nquthu visit. Animals are having a hard time too; People crossed a river on raft and foot to bring e’Pap in backpacks to an isolated community. Many dongas were braved by courageous ones throughout South Africa.

**Sponsors You make it possible!** include Boikanyo- The Dion Herson Foundation, BBRW Catering Equipment; Belron® Ronnie Lubner Charitable Foundation, Carolyn Steyn, D9BioTech (Pty) Ltd; Douglas and Velcich Chartered Accountants SA, Econocom Foods, Grant Daniel, Grealy Family, IncuBev; Jono and Jo Marcus backabuddy campaigns “US for SA”; The Colony Local Choice Pharmacy and customers, and residents of Craighall Park; Orenda Foundation; Roses and Rosemary Trust; St Lukes Anglican Church Orchards, The Angel Network; The South African Jewish Board of Deputies, Union of Jewish Women; and many friends, locally and around the world, who have donate to the e’Pap Foundation COVID relief and to the Boikanyo “Save a Soul” campaign.

Many of our **long term partners** groups strengthened their networks and provided extra food and e’Pap during lockdown. The e’Pap feeding program in Knysna extends to Plettenberg Bay and George and feeds 5700 children. ([www.epapfeeding.co.za](http://www.epapfeeding.co.za)) All the volunteers in the area have maintained and exceeded their usual commitments. Please see their COVID-19 reports.

e’Pap Ambassador, Fun-raiser, Leeorah Hursky in Australia loves to dance. In 2 weeks she organised African Amor (FB). What fun to dance on zoom, with DJ Capirhinia, learn Kizomba with Cape Town’s best teacher Braulio Faria. What a wonderful way to provide 15,000 e’Pap meals.

There are so many projects and community builders who have placed nutritional value as top of the agenda during this period. Why e’Pap? Because it is the most generous whole grain product available and assists people to maintain their nutritional status. A little goes a long way. Nutrition security for our nation!

**Thank you all!**

**Alison, Daniel, Farah, Funanani, Grant, Justin, Kara, Thandi, William and Rose**

## REFERENCES

van der Berg, S., Zuze, L. and Bridgman, G., 2020. The Impact of The Coronavirus And Lockdown on Children's Welfare in South Africa. 1st ed. [ebook] Nation Income Dynamics Study (NIDS) - Coronavirus Rapid Mobile Survey (CRAM), p.16. Available at: <<https://cramsurvey.org/reports/>> [Accessed 15 July 2020].

### FINDINGS: (4) Hunger is now widespread

- **Half of households (47%) ran out of money to buy food in April:** 1-in-2 respondents indicated that their household had run out of money to buy food in the month of April.
- **1-in-5 (22%) said that someone in the HH went hungry in the last week,** and 1-in-7 respondents that a child went hungry in the last week. 7% of adults and 4% of children were perpetually hungry (hunger 'every day' or almost every day).

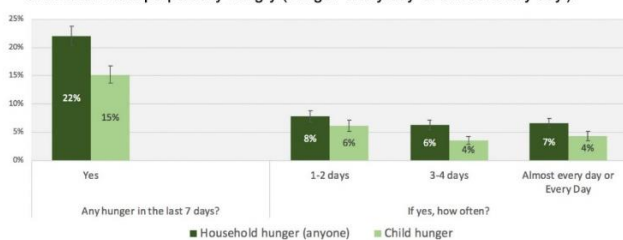
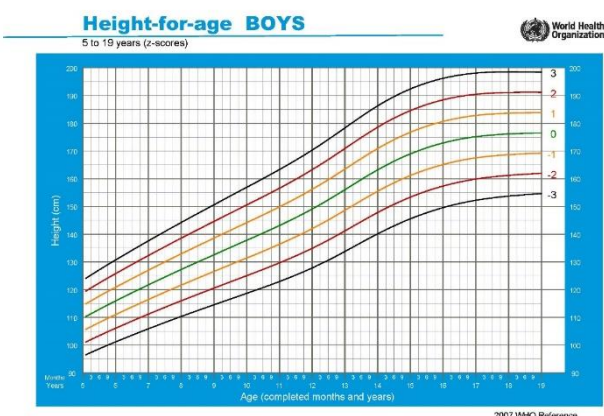


Figure 1: Reported hunger in the last seven days (asked separately for 'anyone in the household' and for 'children <18 years') (NIDS-CRAM Wave 1, weighted)

Who.int. 2007. WHO | Height-For-Age (5-19 Years). [online] Available at: <[https://www.who.int/growthref/who2007\\_height\\_for\\_age/en/](https://www.who.int/growthref/who2007_height_for_age/en/)> [Accessed 16 July 2020].



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