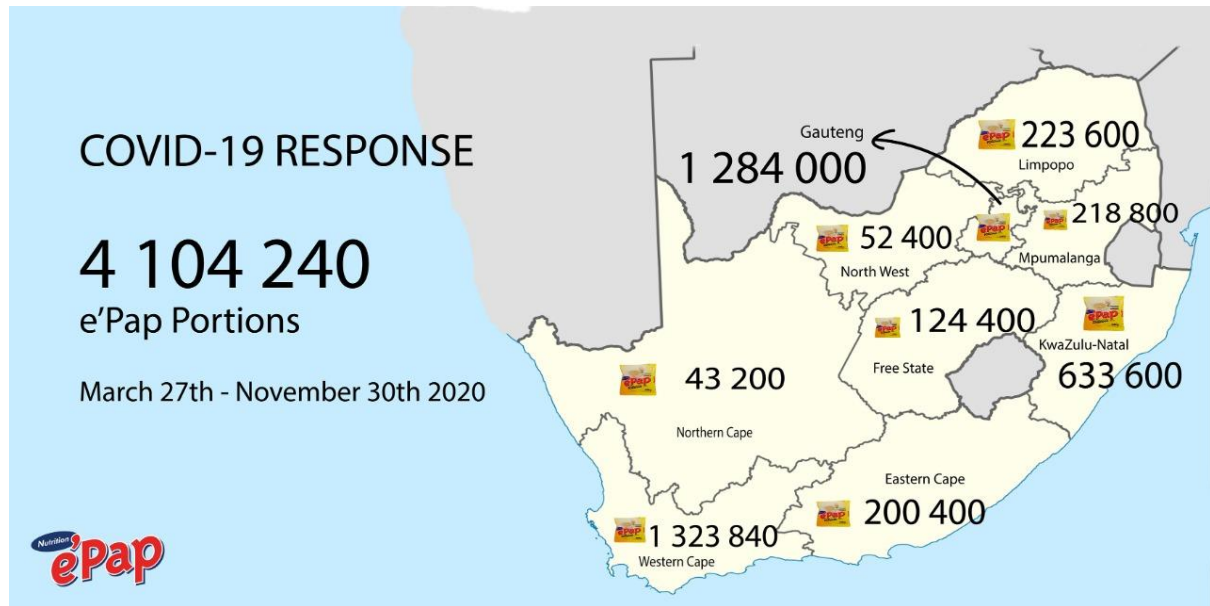


# THE e'Pap FOUNDATION NPC

COVID-19 Response Report 2 - August-December 2020 South Africa  
Lockdown 3 to Lockdown 1 - "The Courageous People"



## The Courageous People

### COVID-19 Response Relief Aid August- December 2020

We continue to be awed by the kindness, willingness to cooperate and the bravery of South Africans. We have met many caregivers in remote towns who have not received a promised DSD stipend yet continued to visit families and care; coordinators who take what they have from their pockets to share and care. The protocols are observed at every centre, A4 Exercise Books of names, ID numbers, cell numbers of potential recipients, entered neatly, by hand. People waiting for DSD to allow them to operate. Temperatures taken, names and cell numbers captured, masks are worn. Often courageous ones are motivated by faith, or a tradition of care in their family. These courageous people are who we celebrate in this report.

The *Jerusalema spirit* danced its way through projects and towns, shredding fear and bringing smiles. Thank you, Master KG! [https://www.youtube.com/watch?v=Kyj-WPB83J8&ab\\_channel=e%27PapNutrition](https://www.youtube.com/watch?v=Kyj-WPB83J8&ab_channel=e%27PapNutrition)

We are cautious of the virus, taking precautions, yet travelling the distance to the rural areas to greet the courageous ones and ensure balance, energy and strength are enabled through nutrition. We have spoken with pregnant women, new mothers, families and communities. We encourage home gardens, where water is available.



One needs courage to drive the potholed rural roads of South Africa. A short drive off our magnificent highways, it is not unusual to stop dead still in one's lane with a truck coming down head on to save its axles, and narrowly surf left again. The clans of potholes, colonising roads, are joined by bits of tar. Local cars drive at 20km/h – follow suit – there is a reason. In Mpumalanga we saw heaps of soil along a road for which tar was promised, 10 years ago. The roadside vendors choke on dry dust one day, and rainy ankle deep sludge the next.

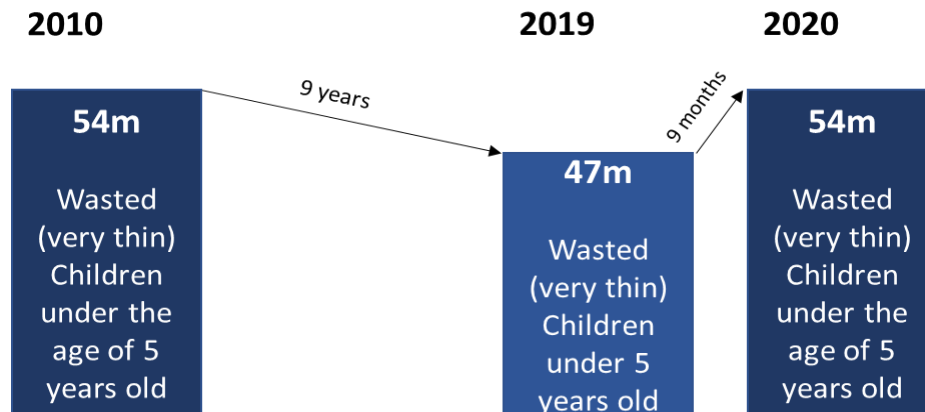
A visit to rural KZN revealed a nuance that may be overlooked by those who control resources. We arrived at an ECD and were greeted by the Founder, who showed us all she has developed. Lines demarcating safe social spaces were taped on the floors. All was in readiness for children to play and learn in the socially distant way. Under the trees, tiny tots stood a metre apart, masked. No-one moved. This was not just good behaviour. Little children who are well fed and learning, usually bound up, smile, laugh and clown around, even in a line. Now they are silent. In small rural towns where there are no trade schools, scarce tertiary education and few employment opportunities - how are we as a nation going to re-enliven our young ones and give them something to care about, live for and appreciate?

### Global

A presentation by CEO of GAIN, Lawrence Haddad on 26 October 2020, speaking to the Giving Women Annual conference 2020 on Women and Nutrition, digitally hosted from Switzerland, reveals that 3

billion people worldwide cannot afford a healthy diet. This includes 1 billion people in Africa – i.e.  $\frac{3}{4}$  of the African population. Whilst the WWF advocates switching to a planetary diet, many people we meet afford bread, black tea, and refined maize only, rendering them fibre poor and nutrient deficient.

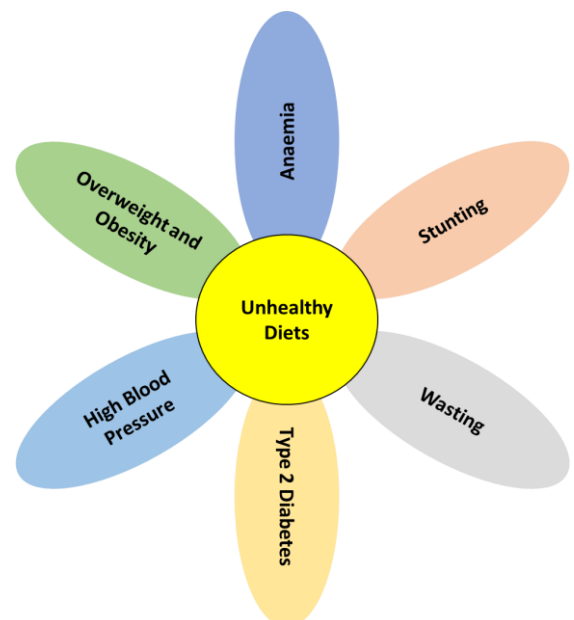
Haddad reported that GAIN spent 9 years to reduce the number of wasted children by 7million; and it took 9 months of COVID to lose that 9 year advantage and revert to 54m Wasted children.



The GAIN Graphic on the current situation reveals much the same picture as it has for the past 20 years, when we started e’Pap. The 6 petals on the flower are a different design for the same issues. The message of mono refined maize diet not serving anyone’s nutritional needs has yet to be heard.

Speaking at the same conference, Paul Polman ex CEO of Unilever and current Founder of the Imagine Foundation, shared the economic benefit of investment in nutrition – for every dollar (1 USD) spent, the return to GDP is 60USD. He encouraged us to do whatever we can to create real nutritional change.

A startling statistic shared was that 40% of all pregnant women worldwide are anaemic. Stunting remains at 30% as a world average 1 in 3 children is stunted (malnourished, with physiological, mental and emotional consequences). The GDP is adversely affected as outlined in our March to July report.



As 2020 ends, and we all get on with life, we see that people are tired of being afraid, tired of needing to give, and tired of being the ones to receive in order to survive. It’s natural that memory of Lockdown fades and newness comes, but may we remember one thing: The wellbeing of our population requires that we establish partnerships between all involved sectors – private, public, civil groups, growers, industrialists, academics, distributors and consumers.... We must review food through the value chain - from seeds, soil web and growing; through machines and logistics, to the market where we want all consumers to receive products that most efficiently **retain inherent nutrition** and **facilitate a well nation**.

The e’Pap Foundation has three reasons for being. Firstly, relief aid to those in need; secondly nutrition education which requires the third reason – ongoing research and learning about what it takes to build a nutrified population starting where people are today and moving forwards.

## **Summary of nutrition relief activities**

This report focusses on our relief activities August to December 2020. Our first report March to July 2020, showed that through cooperation with different organisations – people in rural areas were served. In this report we have shown only some of the areas we have visited. The story of poverty, hunger and abandonment repeats severely. In every little place there are courageous people tirelessly making a difference in the lives of their community. Organisations that welcome the orphans, the Gogos, the foreign nationals and make every effort to spread calm, care and support.

We believe that our focus on nutrient dense foods, requiring less food to gain a better nutrient status in our population, less logistics, less water usage, less fuel, safety for children in food preparation - resulting in a well community is a useful contribution. Moving from empty calorie, mono diets is not easy and many play their parts to assist in this necessary change. Thank you to those who assist us to do our chosen work either through funds, cooperation, logistics, scientific backing, and connections.

### **Relief Aid**

**Belron®-The Ronnie Lubner Charitable Trust** enabled many tons of e'Pap to courageous communities through ECDs in Groot Marico, Mafekeng, Kroonstad, Meloding, Virginia, Welkom, Britstown in the Karoo and again to Nqutu in KZN. In addition to Christmas in Venda, The Trust has also contributed to employing young people in writing and illustrating our foundation phase nutrition reader.

Indomitable founder of **Boikanyo, The Dion Herson Foundation, Marilyn Herson Bassin**, has continued to represent and provide for vulnerable people from child and Gogo headed households around the country. There are no awards for this dedicated service. Marilyn persevered with researching where and how to service the ones who are not on any aid lists. Hours spent contacting a network of small NPOs, Faith based charities or Rotary Clubs in areas with known hunger resulted in Boikanyo being able to provide for those in great need. In this second half of 2020, Marilyn has facilitated funding with large loads of e'Pap sent to areas in KZN, including Manguzi, Dundee, Kokstad and Mtunzini. In Limpopo e'Pap was sent to Phalaborwa, Acornhoek, Buffelshoek, Bushbuckridge and Messina. <https://www.dailymaverick.co.za/article/2020-07-15-receiving-food-parcels-it-depends-on-who-you-know/>

In November, Boikanyo organised with the Catholic Dioceses to feed 2658 vulnerable individuals from Aliwal North, 600 families in Komatipoort and 500 in Tzaneen, and 20,000 meals sent to Musina. We honour Marilyn's steadfast commitment to those living in areas only she cares to reach.

**Lisette Datnow** identified organisations and individuals in northern Gauteng, North West and the Free State on behalf of Boikanyo. Reaching beneficiaries in Moeka North West, Olievenhoutbos, Hammanskraal, Klipgat, Sunnyside and Thaba Nchu, and through Lesedi Educare reached children in Zastron, Wepener and Fauresmith.

**Adv Gilbert and Jenny Marcus and St Luke's Church**, where we started our first outreach cooking for Hillbrow recreation centre, continue to serve their community in Orchards, Johannesburg and to Vosloorus informal settlement assisted by the Catholic community. A donation of e'Pap to the TB patients under Dr Colleen in Hillbrow was greatly appreciated.

**Jono and Jo Marcus** fundraising effort provided e'Pap for Street Light School's children in Marshall Town, Johannesburg, Munsieville, Dawn Phillips Feeding Project in Kalkfontein, Western Cape.



We learn so much from **Amelia Williams** who has served the Munsieville squatter camp for many years. When Amelia arrives, children run to greet her. A donor enabled Amelia to add to her monthly handout and recipients received an extra 1900 additional meals each month for 6 months.

**The e'Pap Children's Feeding Project** in Knysna, Plettenberg Bay and George are known internationally for the wonderful outreach to 5500 children. [www.epapfeeding.co.za](http://www.epapfeeding.co.za); <https://www.facebook.com/groups/knysnacovid19/permalink/1026657291173200/>

**Botshibelo** residents remained safe and healthy throughout the pandemic. On the 16th of October - World Food Day- the team paid them a visit. See how their seedlings have grown and the success of their school feeding program in the YouTube video clip. [https://www.youtube.com/watch?v=l6Yqe2\\_XxuU](https://www.youtube.com/watch?v=l6Yqe2_XxuU)

**We Care Mother Africa (WCMA)** facilitated e'Pap being served daily to 100 children in Rajkumar, Tongaat, for two weeks. WCMA assisted The Rajkumar Kitchen, which was operational throughout the National lockdown, through the selfless acts of a group of women. They continued to serve their community through their Bread Project, Empowering Our Girls and Caring for Our Elderly projects.

US based **Roses and Rosemary** and the Croswell family continues to support significant projects in rural South Africa, and also the annual Ndumo ovc Holiday feeding project .

Our friends in Venda **Divhanivhuyo, I Choose to Care, Mission For Christ Centre** and **TVEP** ensure that the September ton of e'Pap found the right people. Phumudzo from Divhanivhuyo has a large plan for Christmas day in the area including new mothers and baby packs together with **Baby Ethan Foundation**. This project fits with our objective to end stunting and to support pregnant women and new Mothers.

**The Rotary Club of Hout Bay** continue to support members of their community in need. Providing food as 'Operation Medical Hope' for HIV-patients and supporting a local community-run feeding scheme in Imizamo Yethu.

The generous **Vikesh**, who has donated 28000 meal portions since the beginning of lockdown. Organisations he supported include; Megas in Motion, Kaabo Foundation, Home of Solace, Zone 5 Community Development, The Nyeleti's Children's Home, BCT creche, Point Kidz, Hillbrow Recreation Centre, Ladles of Love, Mellisa Aol.

When asked, what is his inspiration behind donating, he said

*"My inspiration came from a few people: Firstly my Guru, his holiness Sri Sri Ravi Shankar who is always guiding me and inspiring me to put a smile of people's faces through all his wisdom. Secondly, my kids - I just think imagine how it would make me feel if my children were going to bed on an empty stomach. So this is what made me reach out to many who are need especially during these difficult times with unemployment and uncertainty in our country and my vision is to see every child in South Africa with a satisfied stomach."*

Our good friend Z is always ready for a call at odd hours, finger on the pulse and ready to contribute to so many needs and many tons.

**The list of generous courageous people is to indicate that through cooperation, we achieve more.**

## FIELD VISIT REPORTS

### Groot Marico, North West

September 2020

Founded on the farm Wonderfontein, this warm-hearted *dorp*, was granted town status in 1948. Its pre-colonial history dates back to the Mangope faction of the baHurutshe tribe settling here until the 1850s before crossing the border to Botswana.

Through our friends, Stephane and Paul from **Tlholego Ecovillage**, Llyod Kganya distributed e'Pap around the North West province. He works for SOUL FOOD- a logistics operation that collects surplus food from farms, hotels and restaurants then distributes this food to hundreds of schools, orphanages, shelters, old age homes and places of refuge. The bulk of the e'Pap load was distributed from the information centre, managed by Santa Van Bart.

Santa with the Groot Marico Care Trust (and the help of many volunteers) fed 500 children daily during winter Lockdown Level 3. With over 35 years' experience in social work, Santa's life is dedicated to community work. The feeding, which started in the neighbouring township of Reboile (Setswana for "We Are Returning"), spread to Venture, a settlement approximately 17 km from Groot Marico. As Santa arrives in both locations, children come running knowing they are about to receive food. They naturally form an organised queue.



Hlokomela is an award-winning HIV and AIDS educational and treatment programme targeting workers, including foreign migrants, in the agriculture, nature conservation and tourism sectors in The Greater Kruger to Canyons area located in Limpopo and Mpumalanga. The programme aims to reduce HIV vulnerability through peer education, raising of awareness, prevention and treatment.

The second load of e'Pap arrived on the 7th of September. It assisted Hlokomela to continue caring for the vulnerable population and clients who need nutritional support. Clients had been coming back to ask for more e'Pap because they have experienced the benefits which it provides. In some cases where clients have TB or HIV and are very weak or need additional supplements for immune support, they had seen the amazing results of e'Pap first hand. Hlokomela prioritises the clients who will benefit the most when we distribute e'Pap, making sure that the very weak receive this nutritional support first before others.

We also included e'Pap in the food parcels that were distributed during the lockdown period for clients who needed nutritional support specifically. On 21 October 2020, an informal settlement in Hoedspruit caught fire, leaving some of our clients who live there with nothing but a pile of ashes to go home to. We provided 80 packets of e'Pap to the victims of the fire to get them through the first night after which Hlokomela facilitated the collection and distribution of donations received for the victims. To date we have handed out 1240 packets of e'Pap at all Hlokomela's clinics. This amount does not include the e'Pap in food parcels that were distributed.

*Reported by Sr. Laverne Stebbing, Hlokomela*

083 604 2054





An collaboration lead to the handout of e'Pap in Allemansdrift B, an area near Vaalbank, Mpumalanga. Marilyn contacted Kelly Szabo, an expat South African, moved into the area 20 months ago and has committed the next five years to uplifting the area through provision of water, workshops to teach young people about work, and so much more. This handout was special for all involved, Value Logistics donated the transport, and Northcliff Rotary Club donated 100 walking aids. Boikanyo, the Dion Herson Foundation and The e'Pap Foundation sponsors funded a ton of e'Pap. (20,000 meal portions)



There was song, dance, celebration and nutrition education.



A visit to Gentle Care is easy enough if you are on the N12, 2½ hours beyond Kimberley, 7 hours from Johannesburg. After visiting the project again this year, The e'Pap Foundation sent a ton of e'Pap to Ivonne Gentle and the Gentle Care team in Britstown, Northern Cape. Their centre serves many organisations in the small town. The town has been hard hit by the pandemic, and a lack of electricity. During this time, the Gentle Care Team have helped many who had no means of cooking, with instant e'Pap. The instant and easy porridge made it perfect for the hot climate and circumstances. In Britstown, many of the poorer locals live in "Pampoen", (a very hot, pumpkin shaped, fibreglass dwelling). Unemployment, poverty and illnesses are increasing and children roam the streets due to closure of crèches and schools.



“The e'Pap is worth millions because it helps us stay healthy amidst so many challenges in an already tough situation. Thank you so much.” Ivonne stated in a letter of thanks to the Foundation.



A family outside their *Pampoen* shelter in Britstown.

Children at the Masifundisani Day Care Centre run by Zenobia Sinigisi



A million babies born in 2019 are in the first thousand days as well as the 2020 babies born during Covid – Another million. 2 million babies in their first thousand days. 40% of mothers suffer malnutrition and anaemic in usual times. This was worse in Covid times. This becomes an issue for our GDP and the next twenty years of social development.

The Glow Movement, started by Amanda Mathebula, affiliated to Flourish- Grow Great, accompanies pregnant and new mothers on the journey to birthing a healthy baby. The Baby Ethan Foundation founded by Janine Freed, wants each mother to feel cared for in having her baby. BEF provides care packs to women in the last trimester and first 3 months after birth. The e'Pap Foundation is committed to ending stunting through the nutrition of pregnant and breastfeeding mothers so that they are better able to breast feed their babies.

We so enjoy our partnership with both organizations. In October we distributed Baby Ethan care packs, pampers and 30 days' worth of e'Pap to 120 mothers at Lawley Extension 2 clinic, Southern Johannesburg.

The morning started in prayer, then Rose Kransdorff spoke on the importance of good nutrition for mothers during pregnancy and whilst breastfeeding. Janine Freed told Baby Ethan's story and revealed the care packs. Nurses from the clinic took turns passing on their knowledge too. At the end of the morning, a lucky prize-winner received a blender to make her e'Pap smoothies.

Thanks go to Amanda Mathebula from the Glow Movement and Sister Esther from Lawley Ext 2 clinic for organizing an efficient, smooth running program for the morning. Thanks to our super volunteers Denise, Robyn and Sarah. Best wishes to all the mothers and new babies of Lawley and all over South Africa.





Meloding township was established in 1949 after the introduction of the Group Areas Act. People flocked to the area to seek employment at the Harmony Gold Mine. When the mine shut down, large scale unemployment, hunger, older generation fears for the younger generation. Beneficiaries told stories of the growing level of crime and gangsterism in Meloding. The adverse socioeconomic results of lockdown and few job opportunities for youth, leads them to turn to crime in desperation and vandalism in boredom.

There are no trade schools for tertiary upskilling as there were previously when people apprenticed for mining positions.



Our trip started at Meloding Care Centre where we were met by Ntate Welle Jo Mhlaho, chairman of the establishment. Ntate Welle and his team developed a list of thirteen other NGO's. Including ECD's, day cares, old age homes, soup kitchens and faith based organisations.

Community members came to Meloding Day Care Centre the morning of the 12th to receive e'Pap on behalf of their respective groups.



Matshepiso Kotelo (pictured left) poses with e'Pap on behalf of Reahola Community Creche.

Mr Bongani Mboma (pictured right), manager of Mofumahadi oa Khotso Elderly Care Centre has something profound to say when receiving e'Pap. "People help by making promises. You have helped by making a promise and fulfilling it. May God bless you"

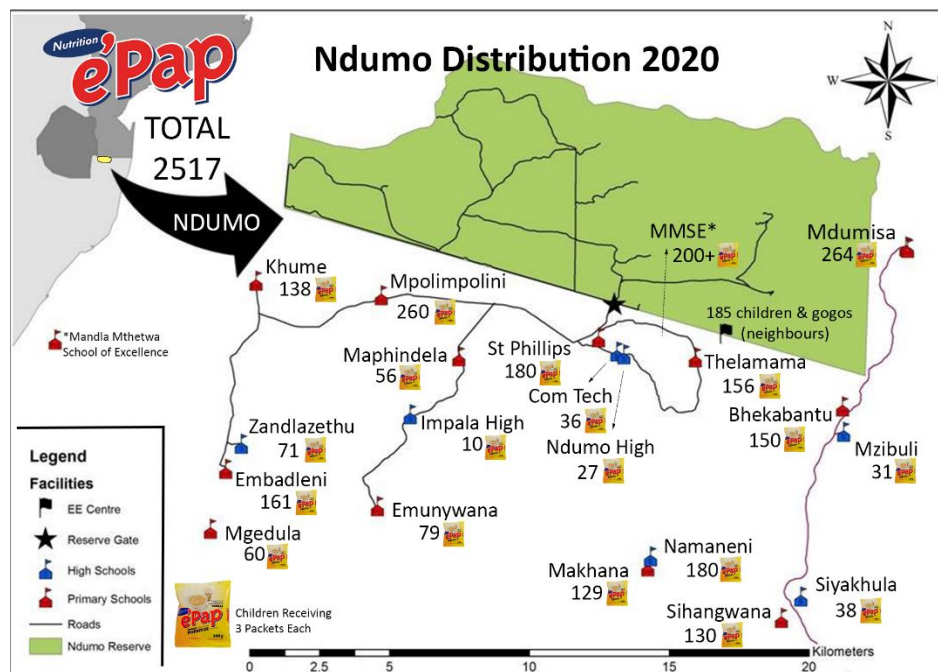




## Onwards and Upwards

The e'Pap Foundation will continue to support nutritionally, where it is needed and uphold its commitment to building a population that is nutrient replete. Starting with our annual collaboration with the Ndumo Community Project in the first week of December. We honour Dr Basil Kransdorff's love of KZN, and years at university there each December by feeding 2517 children, orphaned and vulnerable families across 21 schools in the Ndumo community. (2946 people in 2020 fed for a month) Thanks to Dr Cheryl Ogilvie from the Tshwane University of Technology for going the extra thousand kilometres with her team of eco warriors and students, Derrine and Londiwe for facilitating the project.

In December Boikanyo and the e'Pap Foundation will work with the Catholic Diocese of Kroonstad to ensure 1200 vulnerable households receive e'Pap to aid them through the holidays.



## CONCLUSION

The second wave of NIDS-CRAM Survey (July- August) found that in the economy- the 2.8 million jobs lost from February to April had not returned by June. In education, 40% of 2020 school days will be lost for most students. In social welfare, of the 11.3 million that applied for the COVID grant - 2 in 5 were successful. Lastly, hunger levels remain higher than in pre-COVID time.

2020 was a year of great trials for many. It brought to light the challenge of extreme hunger. However, it also showed how willing South Africans are to step up and help one another.



We have so enjoyed the cooperation with the many unsung volunteers who pack, deliver, feed, clean up and start again tomorrow. Thank you!

### **Acknowledgements and Appreciation**

To all the courageous people who continue to serve their communities unconditionally and selflessly. To all partners and friends who continue to prioritise nutrition in a time when it is so crucial.

**Photographs** Field visit participants sent photographs taken on cell phones. Photographs were taken with permission. Children's eyes are blanked out to protect their identity.

**Volunteers** You make it possible to reach far corners. Your courage, persistence and stability in the face of huge challenges is remarkable.

**Sponsors** Belron® Ronnie Lubner Charitable Foundation, Boikanyo- The Dion Herson Foundation, BBRW Catering Equipment, Carolyn Steyn, Douglas and Velcich Chartered Accountants SA, Econocom Foods, Grant Daniel, IncuBev; Adv Gilbert and Jenny Marcus, Jono and Jo Marcus backabuddy campaigns "US for SA"; 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 donated to the e'Pap Foundation COVID relief and to the Boikanyo "Save a Soul" campaign, and Ndumo.

Our **long term partners** have transitioned from Lockdown to running in new ways. We wish each region strength and may the ones who receive the nutrients, be part of the solutions going forwards.

Leeorah Hursky, e'Pap Ambassador- thank you for encouragement, support and networking internationally.

**Thank you all!**

**Relief: Daniel, Farah, Funanani, Grant, Justin, Kara, Sue, Thandi, William and Rose**

**Nutrition reader: Anne Begg and Annie Grealy our great mentors, Quintin Manning - writer, Peaceful Thulare illustrations, Shona McVey – illustrations**

**and Thandi McVey as project manager**

### **2021 PLAN**

Your contribution enables us to continue relief aid, nutrition education and research

- Ensure nutrient dense portions of food to build real nutrition security
- Re-enliven children's education through themed nutrition readers and interaction.
- Research nutrient density and best practice for assisting nutrient status to be maintained.

via EFT, ZAPPER, PAYFAST

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CHILDREN'S FEEDING PROJECT





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