

Thirty million people a year **DIE** of **HUNGER**

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Missional Expressions invites you to a Dialogue Group discussing hunger and the effect it has on children, and a pilgrimage to our Nutritional food kitchens...

Dialogue Group:

Date: Tuesday 4 May 2010
Time: 19h00 – 21h00
Venue: Viaticus 102
Mosaiëk

Pilgrimage:

Date: Wednesday 5 May 2010
Time: 09h00 – 12h00
Venue: Meet @ Chapel

Facilitator:

Jeanetta McCurdy Leader Missional Expressions

Speakers panel:

Louise Rivett Leader Embark Foundation
Debbie Higgs Africa Food for Thought
Mr Sandhaus Principal - Dowling Primary
Liz Pearson Social Worker - Dowling Primary



**Every 6 seconds
a child dies from
malnutrition and
related causes
around the world...**

What Are Hunger and Malnutrition?

Everyone feels hungry at times. Hunger is the body's signal that it needs food. Once we've eaten enough food to satisfy our bodies' needs, hunger goes away until our stomachs are empty again.

Malnutrition is not the same thing as hunger, although they often go together. People who are chronically malnourished lack the nutrients needed for proper health and development. Someone can be malnourished for a long or short period of time, and the condition may be mild or severe. People who are malnourished are more likely to get sick and, in severe cases, might even die.

According to the UN World Food Program, over 1 billion people in the world do not have enough to eat. That's more than the entire population of the United States, Canada, and the European Union. Every 6 seconds a child dies from malnutrition and related causes.

Chronic hunger and malnutrition can cause significant health problems. People who go hungry all the time are likely to be underweight, weighing significantly less than an average person of their size. Their growth may also be stunted, making them much shorter than average. (Of course, people can also be underweight or short because of an illness or their genetic makeup.)

**Worldwide, as many as 27% of children younger than age 5
are underweight.....**

Embark Foundation addresses this problem.....

By establishing projects that support less fortunate children by meeting their nutritional, educational and recreational needs and therefore we opened two nutritional food kitchens; and for just R7 you can help feed 1500 children a day.

Nutritional food kitchens

2009 was a real growth year for our two kitchens, serving an average of 2,580 meals each week — a record that exceeds the previous years meals of 1,210. These hot and nutritionally-balanced meals, served from 10:00 a.m. to 12:30 p.m. weekdays, helped sustain the children and relieved their hunger.

Awesome blessings of 2009 include a new kitchen at Esperanza Primary, the dedicated service of our project connectors, the active participation of Waterval Dutch Reformed Church and increased donations.

During 2010 Dowling Primary will operate five days a week during school hours.

Monday	1150 learners receive a cooked meal.
Tuesday	950 learners receive a cooked meal.
Wednesday	1150 learners receive a cooked meal.
Thursday	950 learners receive a cooked meal.
Friday	1150 learners receive a cooked meal.

An additional 260 aftercare children receive a cooked meal four times a week.

During 2010 Esperanza Primary will operate five days a week during school hours benefiting approximately a 160 learners.

Monday	NG Waterval Congregation
Tuesday	learners receive a cooked meal
Wednesday	Petro Els & daughters supply lunch
Thursday	learners receive sandwiches
Friday	learners receive a cooked meal

Project Coordinator

Sonja van Muylwyk 011 268 4783

admin@embarkfound.co.za

**Every 3.6 seconds a person
dies of hunger**
75%
of them are children



Needs List

General needs...

- Prayer
- Rice
- Spaghetti & Macaroni
- Maize
- Frozen Vegetables
- Mince
- Oros
- Cooking Oil
- Sunlight Liquid
- Dish Cloths

We rely heavily on and appreciate the support of volunteers and the donation of foodstuffs.

Project Co-ordinator:

Sonja van Muylwyk Tel: +27 82 550 9633

Dowling Primary School Counseling Department

Counseling room needs the following for play therapy

Old toys
Puzzles
Activity books
Educational toys
CD player and children CD's

Holiday program for 20 teenage girls

Refreshments, tea biscuits and lunch for 4 days
Make up for each girl
Files for notes etc
Motivational speaker
Someone to teach various skills, dancing, deportment, modeling,
career choices and print certificates

Annual Talent Show

Donate anything towards the following
Hire of venue
Printing posters, flyers, tickets, certificates
Banners
Models sashes, crown and flowers
Stage sound and decoration
Toilets- toilet roll, soap and hand towels
Judges - water, juice and snacks
Security, car watchers, emergency team and
helpers
Someone to do video and take photos
Prizes singers and dancers

Liz Pearson 083 284 2040



Africa Food for Thought's mission is to "feed children, in the name of Christ, in order to bring hope to the hopeless."

Established in 2005, we started by feeding a few children in one informal settlement (Mohlange). Five years later we are supplying and equipping 11 school feeding projects, 8 informal crèches and 51 orphaned and vulnerable children (OVC). This represents nearly 11 000 children... God is good!



Our major needs:

Sponsors for running costs (diesel, truck maintenance and insurance, rent, stationery, staff etc.)
Sponsors for our orphaned and vulnerable children (we budget R350 per month per household).
Groceries (non-perishable)
Clothing
Bedding
Garmin (we go to really remote areas that are not on any map!)

Volunteer opportunities:

Food parcel packing (requires commitment to one morning a month).
OVC parcel delivery (commitment to 4 afternoons a month).
We always go in pairs (like the disciples!)
School and crèche inspections (commitment of 2-3 mornings a month).
Tithing committee (we tithe 10% of our cash income to external projects involving children and education).
Requires commitment of one morning a month.
Prayer chain (requires commitment to pray regularly).
Handymen (or women!). To fix the occasional kettle, washing machine, deep freeze that is donated to us.

Craftsmen (or women!). To paint, repair furniture etc. on an ad hoc basis.

Debbie Higgs 084 505 9020