



Pebbles Project Trust

Registered number: IT 4088/2004

PBO number 930017224

NPO number 049-950-NPO

UK Registered Charity number 1123172

Gift Aid XT9937

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PEBBLES PROJECT CLOUDS FOUNDATION

PROGRESS REPORT – APRIL 2017

ECD NUTRITION PROGRAMME



Citrusdal ECD child enjoying her lunch meal



Lance, the new Citrusdal nutrition programme driver

The goal of the Nutrition Programme is to provide each ECD child attending a wine farm ECD centre (approximately 400 children in 2017) with a nutritious breakfast, snacks as well as lunch, through a healthy weekly menu plan, therefore ensuring they receive optimal nutrients every school day.

Specially prepared meals will be bought in bulk, delivered to each ECD centre where the staff will serve it. This system reduces the workload of the ECD centre staff and also prevents food from becoming spoilt or used beyond best-before dates.

At the beginning of February 2017, Pebbles officially expanded the Nutrition Programme to include four new ECD centres in Citrusdal, namely Ubuntu, Kweekkraal, ALG and Brakfontein, which are all now receiving breakfast, lunch and two snacks daily. Collectively, they make up 100 ECD children. The Nutrition Programme Manager weighed and measured all the children that were added to the programme, a 100 children in total. As part of the asset register management, all the ECD kitchens who received new equipment underwent site inspections. ALG farm built a brand new kitchen to accommodate the nutrition programme as they didn't have one previously.

Lance Fortuin, the new Nutrition Programme Driver and Assistant was also employed. Teachers, parents and the learners in Citrusdal are extremely grateful for the food that they now receive.

Success story: A new learner, who attends an ECD centre in Stellenbosch, took part in the Pebbles induction day that is mandatory for all new children, in January 2017. Both the Nutrition Programme Manager and the Owethu Clinic Nurse were concerned when they saw his growth chart statistics as he was underweight. An appointment was scheduled with the mother where his medical history was discussed. The boy has previously been diagnosed with a basic chest infection. The Owethu Clinic Nurse did not agree and suspected that he might be suffering with TB. The mother was asked to return to the hospital to get a second opinion, which confirmed that he had TB. The boy is now receiving medication every day for the next 6 months. The Nutrition Programme Manager ensures that he receives extra food at the ECD centre and instructs the ECD teacher to gently encourage him to eat seconds as his appetite is poor. He is gradually picking up weight and both he and his mother will be carefully monitored by the Nutrition Programme Manager and the Owethu Clinic nurse.

We hope to provide more success stories in the future as the Nutrition Programme continues its amazing growth.

ASC NUTRITION PROGRAMME



The goal of the nutrition programme for the After-School Clubs (ASC) is to provide 300 school going children with a cooked lunch and a fruit or yogurt snack daily. The same menu applies to both the ECD and ASC centres, where the food is bought in bulk and the meals are delivered to the centres.

For most of the children these will be the only substantial meal of their day and are guaranteed to be meals that will provide 100% of the nutrition that they require to grow and learn.



After-school club learners enjoying cottage pie

According to the Western Cape Government research paper "Understanding ECD's as sites of opportunity for food security", published on the 9th of March 2017, 3660 school going children are in aftercare facilities in the Winelands. 300 of those learners are attending Pebbles' ASC (After School Club) centres. It may seem that the number of learners is just a drop in the ocean of thousands of South African learners, but when the statistics are broken down per area as above, it shows the impact the programme is making. As a result of the Nutrition Programme, 300 learners have eaten at least one nutritious meal a day and it means 300 learners were able to focus on their homework without worrying about hunger pains. The meals that the Nutrition Programme provides to the after-school club centres are fostering good behaviour and a pleasant environment such as sharing a healthy meal with one's peers. These types of positive behaviours can also influence home environments and the greater community in which the learners live.

The Special Education Needs After School Club programme has implemented a vegetable garden on one of the farms that is being used as a therapeutic learning environment. The learners can develop many different skills such as fine motor skills; group work; responsibility; taking care of the environment; Maths skills; patience; planning and organising. Looking towards the future expansion of the Nutrition Programme, this is a perfect example of how, with the support from Clouds, the Nutrition Programme can be integrated with some of the other Pebbles Project programmes.

"Thank you for your generous funding for this programme."

Estee du Toit – General Manager
Rachel Ward – Nutrition Programme Coordinator
The Pebbles Project Trust April 2017