



## **Pebbles Project Trust**

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## **PEBBLES PROJECT CLOUDS FOUNDATION**

### **PROGRESS REPORT – APRIL 2018**

## ECD NUTRITION PROGRAMME



*Citrusdal ECD learner enjoying her morning oats*



*ECD learner – height measurement*

The goal of the Nutrition Programme is to provide each Early Childhood Development (ECD) child attending a wine farm ECD centre (approximately 521 learners in 2018) with a nutritious breakfast, as well as lunch, thereby ensuring learners receive optimal nutrients each day while they are at school.

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

2018 started off with further programme expansion in the Citrusdal region. This included 2 ECD centres that joined the programme full time and the addition of a new centre, Patrysberg ECD. The programme also expanded to the Hemel-en-Aarde community project in Hermanus. The programme now provides nutritious meals to all ECD and After-School Club (ASC) learners in Hemel- en-Aarde, 5 days per week.

The nutrition programme manager and the the Pebbles Owethu clinic spent two days in Citrusdal to screen and weigh 162 ECD learners. The visit was informative and productive and some learners were identified as 'at risk' during the site visits. Measures were put in place with centre managers, as well the ECD practitioners, and in some cases, learners were also referred for further intervention.

### The following issues were identified in the Citrusdal region:

- 4 learners were underweight
- 5 learners are stunted and underweight
- 11 learners are stunted
- 2 learners are severely stunted
- 1 learner is overweight

A list of recommendations was given to the programme managers and the nutrition programme assistant to further improve the implementation of the nutrition programme in the Citrusdal area. The teachers who work in the 5 ECD centres were very eager to learn more about the different ways in which they can assist the at-risk learners.

27 additional learners joined the ECD centres that already form part of the nutrition programme during 2018. These learners did not form part of our projected numbers in 2017, but we are unable to exclude them, as we cannot feed certain learners in a centre and not others. This brings the total number of ECD learners on the programme to **521**.

## 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 daily snack of fruit or yogurt. We use the same menu for the ECD and the ASC centres. Meals are bought in bulk and then delivered to the various centres.

For many of the children this will be the only substantial meal of their day. The meals provide learners with most of the nutrients that they require to grow and learn.

The ASC nutrition programme expanded to the Hemel-en-Aarde centre in Hermanus and learners received their first meals on the 5<sup>th</sup> of February 2018. The Hemel-en-Aarde project has its own vegetable garden and learners pick a variety of vegetables that is added to their lunch meals. The nutrition programme also provides yogurt or fruit as an afternoon snack and the snacks have proven to be extremely popular among the learners.

Some additional learners joined the ASC's early in 2018, which has increased the number of learners in nutrition supported ASC sites to more than was originally projected in 2017. It is impossible to exclude these learners from the programme as they attend the same ASC centres where all the other learners are already receiving meals. This brings the total number of ASC learners on the programme to 323 in 2018.

Rachel Ward – Nutrition Programme Coordinator  
The Pebbles Project Trust  
APRIL 2018

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