



## **Pebbles Project Trust**

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## **PEBBLES PROJECT CLOUDS FOUNDATION**

### **PROGRESS REPORT – JUNE 2017**

## ECD NUTRITION PROGRAMME



*ECD group watching the puppet show.*



*Jackie enjoying her lunch meal.*



*Oursurance delivering water to an ECD centre.*

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, 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.

The Citrusdal Nutrition Programme is going well and Lance, the Citrusdal driver and assistant, is already part of the family. The Citrusdal ECD centres are so thankful for the nutrition programme reaching them and especially grateful for the quick service delivery they receive from Lance.

Over the last three months the programme has had a number of new partnerships with various companies, the first being Food lovers market, a fruit and vegetable chain store in South Africa. They came to present a puppet show featuring healthy eating to 30 ECD children. It introduced them to the “goodness gang” and to what functions healthy food has on a young growing body. The children absolutely loved it and we hope to be able to present it to more Pebbles learners in the future.

The Nutrition Programme recently formed a relationship with an agricultural economist from the University of Stellenbosch who is running an “**eat more fish**” campaign to increase fish consumption in school-going children in South Africa. The dietary requirement is 2-3 portions of fish per week, and many children around the world are not meeting this due to a number of factors. The programme is working closely with Wendy and the Shiloh kitchen to explore ways of expanding the menu to include more fish meals and hopefully will also introduce a new product of fish sausage to the children.

### **Current challenges:**

**Stock control** of the baked meal containers is a challenge currently being addressed by both Shiloh and Pebbles. We plan to introduce a barcode stock control system which will enable Pebbles to track containers once signed out at Shiloh, delivered to the farm and checked back in. This system can also be implemented in the Pebbles community kitchen in future.

**Transport for the delivery of food** in Citrusdal is increasingly becoming a challenge. There is currently only one Pebbles vehicle available for 4 staff members to visit 9 ECD and ASC centres. As the Nutrition programme expand in this area the need for a second vehicle becomes even more evident.

## ASC NUTRITION PROGRAMME



*ASC learner enjoying a horse riding lesson.*



*Outsurance delivering water to the Bellevue ASC centre.*

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, fruit or yogurt. We use the same menu for the ECD and ASC centres, 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 meals of their day and are guaranteed to be meals that will provide 100% of the nutrition that they require to grow and learn.

Outsurance, an insurance company donated 1200 units of 10 L water bottles to the Nutrition Programme to be distributed amongst all the ECD and ASC centres. This is much needed as the drought continues in the Western Cape and low dam levels make tap water unsafe to drink. Some of the water was also distributed to Kusasa.

The programme continues to supply lunch meals to learners who attend extra mural activities as part of the Pebbles Sports Programme, which operates outside of the after-school club and therefore the learners cannot be served a hot meal. Some of the learners are currently attending horse riding and rugby lessons and sandwich parcels are given to these learners.

At the beginning of June all the various Pebbles Programme Managers presented the programmes that they are responsible for to the farm owners in the Stellenbosch region. It was a very informative and interactive session where the respective Programme Managers spoke to the farm owners about the need for different individual programmes and the challenges encountered on the various farms. The farm owners were very impressed and happy that they can join hands with Pebbles to continue to empower and enrich the lives of those living and working on their farms. Pebbles aims to have these meetings annually.

### **Nutrition stats January-June 2017**

Over **56 000** ECD and ASC meals handed out

**8200** eggs eaten

“Thank you for your generous funding for this programme.”

Estee Heyns – General Manager  
Rachel Ward – Nutrition Programme Coordinator  
The Pebbles Project Trust  
JUNE 2017

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