

## A message from our director, **Petrina Pakoe**

**W**elcome to the first edition of our quarterly Newsletter, Food for Thought and another year in the life of PSFA. This year we celebrate 59 years of feeding underprivileged learners in the



**26 883** Children Fed at **138** Schools  
**442** Children Fed at **15** ECD's  
**390** Children Fed at **4** OVC Safe Parks  
**1 000** Students Fed at **2** TVET Colleges

### HOW TO CONTACT PSFA

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### BANK DETAILS:

**NAME:** Peninsula School Feeding Association  
**BANK:** Standard Bank  
**BRANCH:** Thibault Square  
**ACCOUNT NO.** 070894159  
**STATUS:** Cheque Account  
**BRANCH CODE:** 020909  
**SWIFT CODE:** SBZAJJ  
**REG. NO.** 002-878  
**PBO NO.** 930010433

100% of your donation goes to the actual cost of feeding children.  
PSFA has Section 18A status, so donations are tax deductible.

**Western Cape. Thanks to the generosity of our donors during 2016, PSFA was able start this year providing 28 715 learners with daily healthy cooked meals at 159 educational institutions.**

At the beginning of this year, PSFA became a Work Integrated Learning Programme Centre and we welcomed on board three interns namely; Viwe Bontsa, Yolanda Tyam and Sinethemba Mango who have joined the programme for a year. These interns have to date proven themselves vital to the operations of the organisation. We also welcomed our new bookkeeper Nicky Samuel to the team in January.

We have some exciting initiatives in the pipeline this year. PSFA has always been mindful of the amount of waste it creates through its packaging in the warehouse and indirectly in the schools. We have spent the past year exploring innovative ways to recycle our waste that would benefit the learners at the schools that we support. We will be launching this initiative this year. Watch this space to follow our progress.

PSFA continues to nurture our partnerships with existing donors and engage with potential donors. During the first term of this year we were honoured to take representatives from Mellon Educate, Naked Wines (UK and Australia), Abercrombie & Kent, Visit.org and Slow Food Cape Town to experience our feeding programme in action at schools. We are also grateful to the members of Golden Key Society UCT who have once again selected PSFA as their charity of choice for 2017.



*Interns Viwe Bontsa, Sinethemba Mango and Yolanda Tyam who are participating in our Work Integrated Learning Programme*



*Petrina Pakoe, director of PSFA*

The list of schools on our feeding programme up for adoption is still very long and we continue to try and secure funders for these schools. Classroom space at schools are limited, so the need for kitchens is also great. To build a kitchen costs R185 000, so donations for this would be greatly appreciated.

I'm also delighted to announce that our 49th Blisters for Bread will be taking place this year on Sunday 27 August at the Green Point Cricket Club. We look forward to welcoming all our regular walkers and many new ones to the event. Entries open soon!

We look forward to a bumper packed year of activities as we do our part in addressing the rising numbers of hunger amongst children. We hope that we can depend on you to walk alongside us.



*Naked Wines board members and staff serving after school meals to the learners at Dr van der Ross Primary in Belhar*

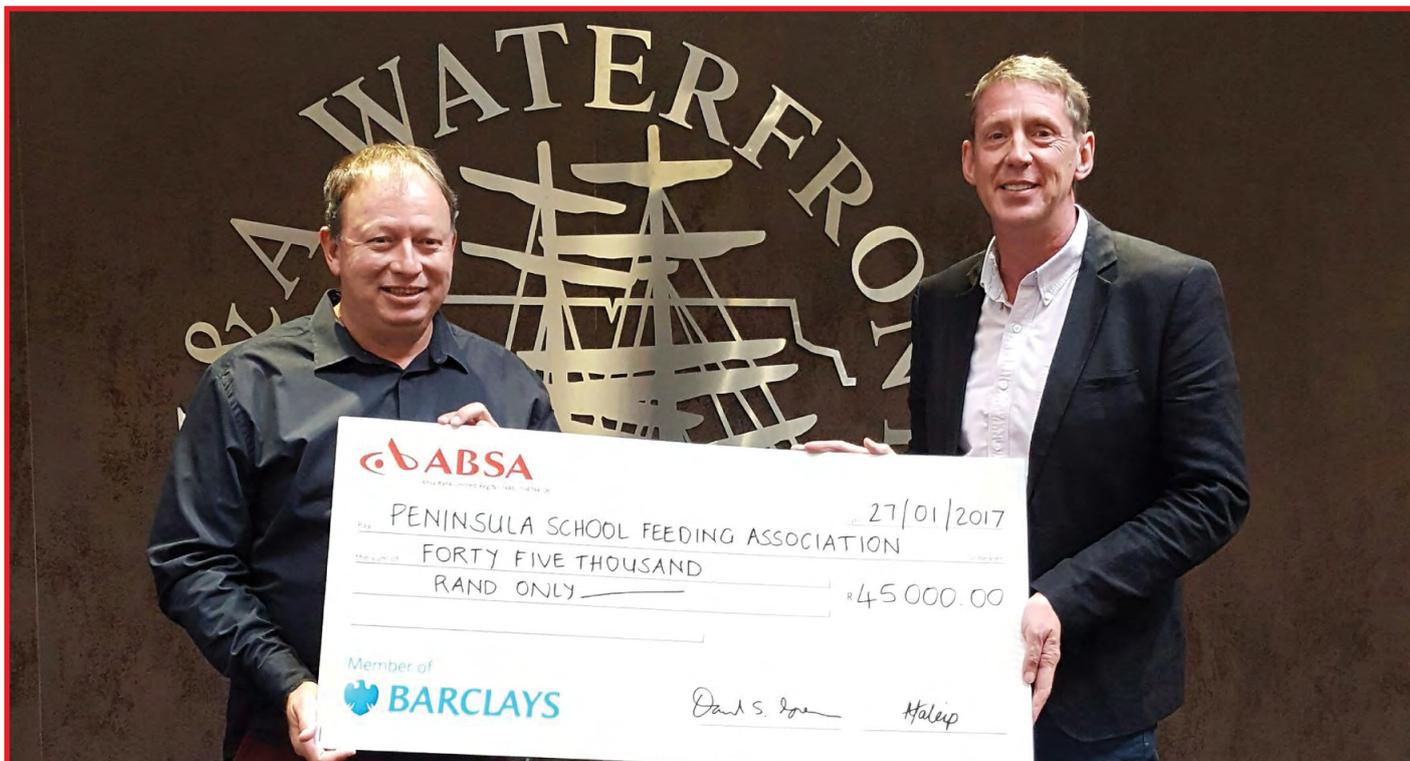
# V & A Waterfront donates **R45 000** to feed hungry school kids

**O**n Friday 27 January 2017, David Green, CEO of the V & A Waterfront presented our fundraising manager, Charles Grey with a cheque in the amount

of **R45 000 for the Peninsula School Feeding Association (PSFA).**

This amount, that was raised at the V & A Waterfront's Christmas gift wrapping stations,

will enable PSFA to provide 114 underprivileged school children with a healthy breakfast and lunch for an entire year! A BIG thank you to the V & A Waterfront!



*David Green, CEO of the V & A Waterfront presenting our fundraising manager, Charles Grey with the cheque.*

## Introducing our new bookkeeper, **Nicky Samuel**



**T**he PSFA general committee, management and staff welcome Nicky Samuel to the team. Nicky joined us on January 3, 2017, taking up the reins as our new bookkeeper.

Nicky who was born in Claremont, Cape Town attended St Ignatius Primary School and Livingstone High School in Claremont. After leaving school, she held various positions in office admin and was then promoted to creditor's supervisor. This opportunity launched her career in finance.

Nicky completed a bookkeeping certificate and later studied financial accounting through Intec College. She gained vast experience in accounting packages and bookkeeping as she worked in various industries as a bookkeeper and salaries officer in the industries of clothing, retail, education, health care, poultry and engineering/manufacturing. She also worked

for a few years as a supply chain manager and project coordinator.

In her spare time Nicky enjoys spending time with her family and friends at home, the outdoors, camping, walking, dancing, gardening, swimming and visiting the sick. She also volunteers her services by doing her church's finances, manages the church's planned giving campaign and assists with fundraising.

Nicky is married to David Samuel and has two sons and a daughter and is also a grandmother to five grandchildren. She enjoys the company of her two dogs, Whiskey and Tiny, a snake called Tom Tom which belongs to her grandson Thomas, Francesca the tortoise, an aviary of birds and a tank full of fish.

It has been Nicky's dream to work for a non-profit organisation and she is delighted to be part of the PSFA team. We wish Nicky a long and happy tenure at PSFA!

# Ellerton Primary in Sea Point joins our feeding programme

**W**e are delighted to announce, that on Wednesday 1 February 2017, 130 underprivileged learners who attend Ellerton Primary School in Sea Point, are now receiving a daily nutritious cooked breakfast and lunch while at school. Although situated in an affluent area, this 102 year old school educates learners who come from Khayelitsha, Guglethu, Langa, Phillipi, Delft and other impoverished surrounding areas.

Our field worker, Cheryl Manuel spent two weeks at Ellerton Primary training our new volunteer, Rina Fransman, to prepare and serve the meals that are on our weekly menu. Rina, who will now be receiving a monthly financial honorarium from PSFA, is a grandmother to three children that attend Ellerton Primary.

PSFA has also provided this school with a gas stove, gas bottles, cooking gas when required, pots, cooking utensils, plates and spoons.

If there is a company or anybody that is keen to assist by providing funding to assist PSFA with feeding these children, please contact our fundraising manager, Charles Grey on

021 447 6020 or e-mail [charles@psfa.org.za](mailto:charles@psfa.org.za). The cost to feed one child for an entire year



*A young learner collecting his lunch in a well behaved manor*



*Learners lining up for lunch*

is only R395. We welcome Ellerton Primary on board!



*Young ladies at Ellerton Primary enjoying their lunch*



*PSFA field work, Cheryl Manuel demonstrating to our volunteer, Rina Fransman how to prepare the lunch*

# The Golden Key Society UCT to once again raise funds to feed hungry school kids

**S**ome more good news, the Golden Key Society UCT has once again selected PSFA as their charity of choice for 2017. The members of the Society will be organising a host of fun events during the course of the year, to raise R11 850 to feed

**a class of 30 underprivileged learners on our feeding programme at Surrey Primary in Manenberg.**

Their first event, "Eat a Burger, Feed a Child", takes place at the Golden Spur in Newlands on Tuesday 4 April from 6pm onwards. The Golden

Spur will be donating 10% of its turnover for the evening to PSFA to feed hungry school kids. You are all invited!

We recently took a few of the members of the Golden Key Society UCT to Surrey Primary to experience our feeding programme in action.



*Golden Key Society UCT members, Teri Ellie and An Chi Chen pose for a picture with a couple of learners*



*Golden Key Society UCT members, Lindsay Cook and Natasha Hardcastle assisting our volunteer auntie Val, with dishing up and serving meals*



*Golden Key Society UCT members, Lindsay Cook, Teri Ellie, Natasha Hardcastle and An Chi Chen pose for a picture with the excited learners*

# 10 year old artist uses his talent to help feed hungry school children

**Young and talented artist, Ammaar Jackson decided to select the hungry children fed by PSFA as the charity of his choice to benefit from the proceeds of the sale of his artworks.**

Ammaar, who is only 10 years old and is in grade 5 at Bishop's Preparatory School, loves playing soccer, cricket and hockey and is a member of his school's art club. Ammaar received an award from his school for Art during 2016.

Ammaar decided to create his own business called Kreatifkids. He wanted to start a shop, selling things just like his grandfather and great grandfather have done.

His mother Nawahl suggested that he sell his artwork online so she created a special website called [www.kreatifkids.com](http://www.kreatifkids.com), where items that include his artwork such as mugs, notebooks / journals and greeting / gift cards can be purchased online.

Ammaar says "my mom and I spoke about how we can use some of the money to help others. We chose to donate proceeds from the sale of each item to the Peninsula School

Feeding Association, as they help to feed many less fortunate children than myself who come to school without food, like many of the children who go to Surrey Primary in Athlone where one of my grandmother's is a teacher. I really hope people that have seen some of my art like it so

much, that they will buy some of my products and help me to help other children."

PSFA is grateful for Ammaar's support and urge you to visit his website [www.kreatifkids.com](http://www.kreatifkids.com) and purchase his artistic merchandise.



*Ammaar Jackson surrounded by some of his artwork*



## How you can make a difference

If you would like to feed our children's potential and make a real difference to hungry school children, please complete the form below and return to PSFA.

- I would like to adopt-a-child for a year at a cost of R395
- I would like to make a donation of R \_\_\_\_\_ and enclose my cheque, made payable to Peninsula School Feeding Association
- I would like to donate online at [www.psf.org.za](http://www.psf.org.za)
- I would like to make a direct deposit into your bank account

Please debit my: Master  Visa Card  Signed: \_\_\_\_\_

Expiry date:    CVC:

Name and Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

Special Request: \_\_\_\_\_

**"You can't teach a hungry child"**