

Food Relief Alliance of South Africa (FRASA)

Reg. nr: 2020/876668/08 NPC



We serve justice!

ANNUAL REPORT - 2022

Period: 1 December 2021 – 31 November 2022

Submitted to the Board of Directors



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Executive Chairperson

31 December 2022

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Introduction

This is our second annual report for the period 1 December 2021 – 31 November 2022.

This report will explore the following:

- Our Food Fund
- Building partnerships to maximize resource mobilization
- Capacity building of the emerging leadership to sustain food relief projects
- Food garden update
- Benefits to beneficiaries
- Feedback from beneficiaries
- Multiplier effect of our work
- Challenges experienced
- From hand outs to hands up
- Marketing and media
- Fundraising and finance
- Governance
- Conclusion
- Photos of organisational activities

Our Food Fund

The following organisations were actively involved in food distribution. We recorded the number of meals distributed by each organisation during this 6 month period when the Food Fund was active. The project resumed on 1 December 2022 when the funding was accessed from King Baudouin Foundation. .

FRASA BENEFICIARY FEEDING STATS: 1 MARCH 2022 TO 31 AUGUST 2022

NR	NAME & SURNAME	NAME OF ORGANISATION	TOTAL MEALS SERVED
1	Abel Kortje	Community Transformation Projects	9585
2	Carol Davids	Eternal Grace CC, NPO	11 917
3	Chanel Bergman	Busy B Projects	2120
4	Chanel Hyser	Humble Beginnings Foundation	1680
5	Charlene Miles	NOSTOP	4568
6	Charmaine Appies	Helpende Hande	1197
7	Charnee Swartz	AKURAH Foundation	6000
8	Colleen Simmers	Youth for A Change	17400
9	Earl Cornelius	Music Academy for Rural Youth	771
10	Elizabeth Govender	Belhar Nutritional Projects	5366
11	Esme Julius	Helping Hands	2001
12	Estelle Geduld	Feed the Future	10756
13	Gerald Louw	Golden Anchor	4647
14	Ingrid Davids	Hope God's Gift for All	2669
15	Iris Busakwe	Edyardini Community Development	10800
16	Jacoba Hamman	Walk The Talk	4802
17	Johanna Pypers	Higher Faith Development	438
18	Katrina Petrus	Karina Children's Home	347
19	Labeeba Stanley	Youth Clouds of Heaven	11 472
20	Liebie Barendse	JABED	3835
21	Lucy Beukes	Build a Bigger Table	8975
22	Marileze Johannes	San Michelle Independent School	841
23	Marisha Kannemeyer	Building Better Lives Foundation	3011
24	Marlene Jameson	Khathalelana	13 629
25	Matilda Tsitsi Fakazi	Visionary Can Ladies	16 548
26	Melanie Payne	Open Door	3242
27	Rashaad Baker	Compassionate Hearts	105 980
28	Raymond Weaver	CHAD	1823
29	Sanoline Hartzenberg	Youth united Against Crime and Drugs	6023
30	Sibongile Samsam	Uncedo Lwethu Foundation	4109
31	Thobeka Mapukata	Kusile Mzantsi Community Development	1769
32	Tyrone Van Willigh	Behaviour Resolutions	9510
34	Vanessa Cookson	Brown Girl Kreation – Youth Development	4614
35	Victoria Petersen	YoungPeople@Work	1691
36	Rev Kobus Frantz	DRC Soup Kitchen (Riebeeck Wes)	5760
37	Sandra Jantjies	We Share Because We Care	4805
Total stats			304 701

Food Parcels/Veggie packs = 2826, Hungry Lion meals = 385, Bread donation – 3360 (Premier Foods/Albany Bakery)

Partnerships and sharing of resources

Inter organizational networking and sharing by external stakeholders

Based on the feedback from member organizations, the following partnerships were forged in support of their food relief interventions:

External stakeholders

Organisation/Stakeholder	Nature of support	Recipient
SA Harvest	Permanent veggie donation to distribute food	Walk the Talk, Khathalelana, NYDL, We Share Because We Care Value: 8000 p.m. x 4 x 6 = 192 000
Agri-Mark, Dias Fisheries, Department of Agriculture, Food on the Table	Vegetables, Food supplies, monthly gas refill	Youth Clouds of Heaven Funding received: 90 000 Donations in kind: 10 000
Shoprite Holdings (the biggest supermarket retailer in Africa)	Outreach to FRASA members to distribute soup and bread	This is a permanent commitment. So far the following organisations benefited: Behaviour Resolutions (2 visits) National Youth Development League (1 visit) NOSTOP (Scottsville – monthly visits)
Premier Foods	Weekly donation of 40 loaves of bread	All FRASA Food Fund members Value: 14 400 (over 6 months)
Individual donors	Monthly gas supply	3 FRASA Food Fund members are benefiting namely: Average value = R450 per tank
Food for Life	Food donations (cooked food)	Brown Girl Kreations, Behaviour Resolutions, Begotten Givers, Hope God's Gift for All
Food Forward	Vegetable donations	Behaviour Resolutions (worth 5 000 p.m.) Khathalelana (worth 5000 p.m.)
ITEC Printing Company	Free printers, cartridges and maintenance	8 FRASA members
Hungry Lion	Sharing of street wise 2 meals	Open Doors and Open Hearts, WE Share Because We Care, Youth Clouds of Heaven (worth 2000)
Food on the Table	Weekly donations of veggies	Youth for Change, CHAD, Youth Clouds of Heaven, Walk the Talk, NOSTOP, Walking in His Light, Eternal Grace, Building Better Lives, BOMB, Belhar Community Nutritional Centre, Golden Anchor, Busy Beez, Humble Beginnings, Higher Faith, Youth United Against Crime and Drugs, Brown Girl Kreations – YD, Build a Bigger Table.
Department of Agriculture	Funding and material support	Youth Clouds of Heaven (5 households approved + 90 000 in funding) NOSTOP (171 000 in funding approved) Building Bigger Tables Compassionate Hearts (40 households approved)
Gift of the Givers	Food donations and its biggest medical intervention when 40 medical specialists visited the area in July and 17 September 2022.	Compassionate Hearts
Metropolitan / Momentum	Donation of office furniture	Sivulingqondo Computers, Edyardini, CHAD, Khathalelana, SMIS, Let us Feed a Family
Bicycle Empowerment Project	Donated 4 bicycles	National Youth Development Institute
SABBA Movement	Visited 7 food gardens to provide technical support	Youth Clouds of Heaven, NOSTOP, BBT, VGK Food Kitchen, SMIS, CHAD, Thinking Empire Kids
Sanlam Foundation / RDSP	Donated office furniture	FRASA members in Khayelitsha
Kairos Foundation	EPWP monthly stipends (6 months)	For food garden volunteers at 4 food gardens

Please note:

Again, all organizations received support from various individuals, many preferring to remain anonymous. The above is only a sample list. FRASA members outside the Food Fund are not listed.

Intra organizational sharing by Food Fund recipients (see our special Covid-19 newsletters for photos)

This is only a sample of members sharing with each other.

Organisation	Nature of support	Recipient
YoungPeople@Work	Free training and coaching	FRASA members
Where Rainbows Meet	Food supplies, juice	MARY, NOSTOP, BGK-YD
Khathalelana	Food supplies on a weekly basis	Various member and partner organizations
Centre of Excellence	Discounted workshop space	FRASA members
Good Hope Foundation	Vegetables/shoes/slippers/blankets	Various members
CHAD, Youth for Change and Youth Against Crime and Drugs	Coordinating the purchasing of food hampers and distributing to members	All FRASA Food Fund members
YP@W, MARY	Hosting rural outreaches to Grabouw	Rural community
40 FRASA Food Fund members (excluding volunteers and other members)	Voluntary managing, cooking and distributing food for 6 months	Targeted communities
Higher Faith Development Organisation	Sharing vegetables and meat with fellow FRASA members	Members in Belhar, Eureka Estate and Delft
Behaviour resolutions, MPCL, Open Doors, Good Hope Foundation, FRASA	Food donations (dry foods)	Food on the Table on the Table volunteers
Proudly Givers	Variety of goods e.g. clothes, belts, cleaning materials	YP@W and SMIS
Sowing and Reaping	Donation of 13 boxes of sanitary pads	FRASA members

Capacity building of the emerging leadership to sustain food relief projects

The following capacity building programme was implemented during this reporting period.:

Activity	Facilitator / Recipients
Providing FRASA members with NPO leadership and management books (including libraries where members are active)	YP@W
8 online fundraising lectures via WhatsApp	All FRASA members
7 site visits to FRASA members to monitor progress with food gardens	Frank Julie / Julian Mouers from SABBA Movement
Completed 3 electronic newsletters send to a database of 4000 subscribers locally and internationally	Frank Julie (April, August, 2022) A December edition was completed to cover our work from Sept-December 2022.
How to complete the National Lottery funding application (2 sessions)	Frank Julie
Building donor relations, Donations-in-kind , Funding strategies, Financial Literacy – 17-18 August 2022	Frank Julie, Carol Bruton, Alison Alexander, Shahur Thenjiwe from First National Bank
Proposal writing workshop – 18 May 2022	Frank Julie
3 site visits to the NPO Helpdesk icw compliance, YP@W and Abalimi Bezekhaya food gardens	Hosted by Department of Social Development, YP@W and Abalimi Bezekhaya
Attending the Master Train the Trainer course	FRASA members
Facilitating a 3 hour session on registering on the government CSD database to access future Grant-in-Aid funding	6 FRASA members
Assistance with funding applications for Department of Agriculture and SA Harvest	12 members
Site visits to member organisations	FRASA chairperson to Let Us Feed A Family, We Share Because We Care, Women of Worth
Legal and Labour compliance workshop in Khayelitsha on 25 October 2022	Facilitated by the Dept of Social Development and Dept of Employment and Labour
Proposal writing workshop and access to technology resources in Khayelitsha on 1 September 2022	Frank Julie / Di Ruthenberg from Phambano Technology Development Centre
Professional fundraising workshop in Khayelitsha on 28 July 2022	Frank Julie

Computer literacy and MS Teams training for 4 FRASA leaders	YoungPeople@Work
A Day of Gratitude for FRASA leaders hosted on 17 September 2022 at Parow library.	36 FRASA leaders attended this event to reflect on the progress of members as well as induct new members.

Food garden update:

A number of food gardens were rolled out since 2021.

FRASA member	School and current status
Youth Clouds of Heaven	Scottsdene High School is providing free access to land and water. They have grown by leaps and bounds! Received funding support from Department of Agriculture. Harvesting has happened twice already. Applications for local households have been submitted to the Department of Agriculture. A site visit was conducted by the SABBA Movement.
NOSTOP	Eikenfontein Primary School is providing access to land and water. Funding support was received from Department of Agriculture. A site visit was conducted by the SABBA Movement.
Walk the Talk	Bishop Lavis High School – the project stalled but was revived recently. Fruit trees were planted. A site visit was conducted by the SABBA Movement.
Children Have a Dream Foundation (CHAD)	Silversands Primary School – seed planting was completed. Harvesting must still happen. A site visit was conducted by the SABBA Movement.
Thinking Empire for Kids	Haycynth Primary School – seed planting completed and a water reticulation system was donated and installed. More land was also donated by the school.
San Michell Independent School	Is already a fully-fledged food garden. Food for Trees came on board to support. Seedlings and compost was donated by the farm owner of San Michell farm. A site visit was conducted by the SABBA Movement.
DRC Riebeeck Kasteel	Is already a full- fledged food garden. Department of Agriculture donated fencing and a water reticulation system. A site visit was conducted by the SABBA Movement.
Women of Worth	Is already a fully-fledged food garden on municipal land.
Kusile Mzansi Community Development	Is already a fully-fledged food garden in the Eastern Cape province. Funding was accessed to launch successful a tomato garden.
Vision Can Ladies	Is already a fully-fledged food garden. The garden has progressed very well and will harvest soon.
Compassionate Hearts	Started their food garden this year after accessing land from the local school. The Department of Agriculture provided equipment, seedlings and compost. 40 households were also approved for starter packs.
Building Bigger Tables	They accessed land from a local school. The Department of Agriculture provided funding of R121 000 in the form of vouchers.
Edyardini Community Development	They accessed land from a local church and signed a 5 year lease agreement. They accessed food garden support from the Department of Agriculture.
Uncedo Lwethu Foundation	They accessed food garden support from the Department of Agriculture on 15 November 2022 in Lotus River.
Skye Wooden Spoon	They have a fully-fledged food garden operating in Mitchells Plain.

Challenges experienced

Our Food Fund budget became depleted by the end of August. We anticipated huge challenges in combatting hunger due to a persistent huge unemployment rate coupled with horrific price increases in foodstuff. The Temporary Employment Relief Scheme (TERS) has also been scrapped. Reports of increasing malnutrition amongst children are beginning to surface. In one instance it was reported that children in Kwazulu-Natal province eat sand to stay alive! This information is suppressed by government. We submitted an application for funding support to the National Lottery Commission. We do not expect an outcome before December 2022. King Baudouin approved funding in October 2022 for the Food Fund to resume on 1 December 2022.

Benefits for beneficiaries

These were the same as previously reported namely:

1. We were able to avoid mass hunger through our food distribution with our partners.

2. Females could avoid abusive relationships where they had to depend on men for food.
3. Through the food relief we ensured good health which helped to build immune the system against covid-19.
4. Children could focus on their education when the schools opened in August.
5. Through our partnerships with food relief agencies, our partners were able to access more food resources.
6. Through capacity building programme, food relief projects could become more sustainable and become active members of the Food Relief Alliance of South Africa.
7. We have strengthened and increased our partnerships with food relief agencies especially the Department of Agriculture.

Feedback from our beneficiaries

“Since commencing our Garden Project at Scottsdene High school in 2021 Youth Clouds of Heaven is ecstatic about the progress the garden has made to date. From the barren piece of land that we started with, we have been able to plant crops and improve the soil in the garden. While we have challenges which included losing crops, the garden is flourishing. We have volunteers from the community who have joined the project to assist with maintaining the garden. We are delighted that we also are able to include learners from school who are proud to be assisting with the garden project. Learners are being exposed to teamwork, time management and taking responsibility for assisting with the garden. We currently engaging with the principal of the school, Mr Links, about future development sessions with the Department of Agriculture and the garden has also had some coverage in the media. In recent months the garden has received quite a bit of exposure in the media. This has sparked interest from additional learners at the school to become part of the project and has also inspired the broader community with their own garden initiatives.!” **(Labeeba Stanley, Director and Founder of Youth Clouds of Heaven)**

“I started operating as a soup kitchen in the beginning of lockdown in April 2020. My focus was on feeding only until I joined FRASA. Today I am a founder of Khayelitsha NGO Forum. I sit in meetings with Dept. of Social Development and big stakeholders because of FRASA. I am respected by many because of FRASA. Every door I knock on and the moment I mention that I am a FRASA member, doors just keep on opening.” **(Iris Busakwe, Founder and Director of Edyardini Community Development)**

“Since I've joined FRASA in 2020 as an NPO, I've learnt so much and wherever I travel in the country I share and tell people about FRASA. I share the vision and mission of FRASA. Whenever there's a workshop, I try not to miss one, because at the workshops, I learnt how to do budgeting, office management, fundraising, proposal writing, etc. At FRASA you are taken by the hand. Frank and his team have so much patience to teach us, that you feel at ease when you attend any workshop. I learn from the best. The cherry on top of the cake was when we were invited to the organic farms, led by Frank and his friend Rob Small. It was amazing to see how farming is taking place in the communities. In conclusion, at FRASA we learn: 'Hunger stops here' and to share, care and give love to those who need us in our communities.” **(Elizabeth Govender, Chairperson of Belhar Community and Nutritional Development Centre)**

“Since I became a member of FRASA I can vouch that many doors have opened for our organization. I am no longer employed but can say that there were fewer days that I had to worry about as to where our beneficiaries would get a meal for the day. I started with serving twice a week. Now because of the wisdom shared by Frank Julie we have changed our way of thinking within the organization and I can definitely say it was for the better. We now serve our communities 5 days of the week, with two days of serving porridge as well. Thank you for affording us this opportunity. Thank you to all the leaders who opened their hearts to us. Sharing is caring... Each one feed one! **(Zita Petersen, Director, Skye wooden Spoon Project)**

FRASA multiplier effect

- We were able to access funding from our friends in Utrecht.
- Two members accessed funding from Department of Agriculture and various households were approved for material support in Touwsriver and Scottsville. .
- See the list of donations above in terms of access to printers, pots and dry foods.
- A video produced last year was broadcasted on Cape Town TV a number of times. As a member of CTV, more screenings are planned as part of a special package for paid members.
- FRASA members also once again partnered with YoungPeople@Work to host free computer training in various communities such as Scottsdene, Scottsville, Wallacedene, Eikenfontein, Uitsig, Belhar, Delft, Delft South, Bishop Lavis, Kraaifontein and Elsie's River.
- More books were books on professional fundraising were shared with various community libraries where FRASA members are active donated by Frank Julie and Associates.
- Gift of the Givers came on board in Touws River with our member Compassionate Hearts providing food supplies and a medical intervention on two occasions.
- Kairos Foundation provided monthly stipends of about R1500 to food garden volunteers at 4 food gardens.

Challenges experienced

Our challenges can be summed up as follow:

Some members struggle with access to gas to gas and electricity to cook. As an alternative they prepare food parcels.	Some members struggle with access to data to share their food distribution on Facebook.
Some members struggled to pay their monthly subscriptions to	Some members struggle with transport to access food resources

Food on the Table to access weekly veggie donations.	when being shared by other members and external partners.
Some members not able to pay their annual membership fee.	Outside people still viewing FRASA as a donor to benefit from.
A few members still only dependent on FRASA for access to food without other alternatives.	Some members lack office infrastructure.

From hand outs to hands up

Our members were engaged during this period to develop strategies to move from a hands out approach (beneficiaries just queuing for food) to a hands up approach (beneficiaries actively participating and supporting and contributing to mobilise food resources). The following ideas were implemented by some members:

<ul style="list-style-type: none"> Recruit volunteers to become involve in recycling Volunteers assist with food preparation Volunteers assist with cleaning Community clean up campaigns involving community volunteers 	<ul style="list-style-type: none"> Volunteers assist with door-to-door fundraising (material and financial) Volunteers assisting with security challenges in the community Volunteers assisting in the food gardens
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Marketing and media

During this period we had the following marketing interventions:

Various articles in local newspapers like Tygerbutger and Daily Voice	FRASA banner displayed at various food distribution events
Production of a free FRASA 12 minute video by Imraahm Mukadam shared by Cape Town TV	Members wearing FRASA t-shirts at various events e.g. Gift of the Givers medical outreach in Touwsriver
Developing a free FRASA website by Phambano Technology Development Centre	Our Facebook page is growing with 3500 followers active currently and growing.
30 minute radio interview on Eerste River Radio	4 newsletters have been issued and shared with our database of 4000 subscribers

Fundraising and finance

The following funding was accessed during this period towards our Food Fund:

Donor	Amount
King Baudouin Foundation	269 816.04 (14.02.2022)
(The first amount covered the Food Fund for 6 months from 1 March-30 August 2022. The second amount covers the new period from 1 December – 30 May 2023)	295 218.62 (1.11.2022)
Wilde Ganzen/SPZA (until August 2022)	102 334.88 (22.09.21)
Total amount	667 369.54

The above funding also covered capacity building of FRASA leaders, transport, gas and admin support. Our funding strategy was focused on expanding and consolidating our strategic partnerships to access food resources and expanding our food gardens since we were launched. Members have also been conducting their own local fundraising to access food and other material resources. A funding application was submitted to the National Lottery Commission in July 2022. We are still awaiting the outcome. We also derive income from membership fees and interest from our 7-day call account at FNB. We currently have 79 active members in our WhatsApp group.

Governance

Our board of directors met 3 times during this period with one member (Marlene Jameson) having resigned and replaced by two new members namely, Raymond Weavers and Sanoline Hartzenberg-Cloete.

Conclusion

FRASA is growing from strength to strength! After 2 years we have become a formidable force in the food security sector. Our food garden project is expanding beyond expectations with the constant support from the Department of Agriculture. FRASA members are beginning to provide more than just food support but also assist with referrals and training. Some members have launched campaigns against GBV and stationery to support pupils. Others have mobilised support to those who lost their homes. Our focus on a hands-up and not a hands-out approach signal a new awareness to move from dependency to inter-dependency. The power of networking inside and outside FRASA has also been demonstrated.

I wish to thank all our FRASA members, donors and strategic partners who contributed to another successful and impactful year in the development and growth of this proud organisation! Together we serve justice!

**Thank you,
Frank Julie**

PHOTOS OF ORGANISATIONAL ACTIVITIES



Above: FRASA members collecting veggies from Food on the Table; Gift of Givers founders during their medical outreach to Touwsriver receiving free books by FRASA chairperson, Frank Julie, FRASA member busy preparing meals in Keimoes



Above: A food garden at Scottsdale High School, SA Harvest delivers a weekly veggie donation, Food distribution by a FRASA member in Kuilsriver.



Above: Volunteers from Compassionate Hearts in Touwsriver, preparing their food garden at the local school; A workshop on fundraising and access to free or discounted software for NPOs organised by FRASA leaders in Khayelitsha; Founder of Compassionate Hearts, Rashaad Baker, receiving a food donation from Gift of the Givers.



Above: FRASA leaders Victoria Petersen and Mzilikazi received their bi-weekly food hamper; Department of Agriculture distributes food garden starter packs in Touws River.



Above: Our Day of Gratitude on 17 September 2022 at Parow library