



About the Afrika Tikkun Nutrition and Food Security Programme

Some quick facts

- 4 children [will die](#) from severe acute malnutrition today in South Africa.
- Approximately a third of children in Gauteng are [stunted](#) as a result of chronic malnutrition.
- In 2017, we served 753 195 meals to our young people, and distributed over 2000 food parcels to families in need.
- UNICEF South Africa, reports that malnutrition in South Africa is a major underlying cause of death in 64% of the children under five, these high rates of malnutrition translate into poor child outcomes.
- Globally, it is estimated that a third of the six million preventable deaths of young children in poor and middle-income countries each year can be ascribed to undernutrition. Of those who survive, an estimated 200 million children under five fail to reach their potential in cognitive development because of poverty, poor health and nutrition, and deficient care.
- Poverty in South Africa is experienced mainly by the African child. 66.8% of children in South Africa live in poverty. 29% of children live below the food poverty line.

| How your DONATION WILL HELP to end child hunger in SA today | |
|---|--|
| FOR AGE 2-6 | You donation will help us to feed children in the Early Childhood Development programme four meals a day – two hot meals, and two healthy snacks. |
| FOR AGE 7-29 | Young people taking part in our youth programmes are served one hot meal every day. The school going children also receive 2 hot meals and snacks during school holidays. |
| FOR FAMILIES | Food parcels are given to specifically-identified families and child-headed households who have no identifiable income that supports feeding. Food parcels consist of basic staple foods (mostly dry ingredients, toiletries and canned foods). |
| WE MONITOR NUTRITION | Our menu is developed by dieticians who work very closely with our Primary Health Care (PHC) programme. The PHC nurse and the dietician work on the children's body mass index (BMI) and from that they develop the menu or update where there is a need to do so. Over time, a child's BMI will indicate the impact of nutrition on conditions like wasting, stunting and malnutrition. |
| WE EMPOWER SUSTAINABILITY | In addition to the meals, parents, staff and learners are shown the principles of vegetable gardening. Parents are allowed to use Afrika Tikkun's agricultural land to cultivate vegetables for their families. |



About the Nutrition and Food Security Services Programme

Afrika Tikkun is working on eradicating child poverty and youth unemployment through its Nutrition and Food Security Services (NFSS) programme. While finding work that young people can thrive in is the ultimate goal, NFSS forms an essential part of a basket of services given to young people and their families from the age of 3, throughout the lifespan of their youth. By implementing this programme, the organisation ensures that food insecurity does not impede the education and development of young people at any stage.

We operate in some of South Africa's most impoverished townships. Studies reveal that unemployment levels are reported to be at about 54% (among the potential labour force), with 73% living below the poverty line.

Children in the Early Childhood Development programme receive four meals a day – two full meals, and two healthy snacks. Young people taking part in after-school programmes are served the equivalent of supper, later in the afternoon. Staff, who are from the local community, also receive full meals. Furthermore, families of children at the Centre who are in a place of need receive food parcels and lunch boxes until they are able to stand on their own.

According to Makwena Ramoroka, social worker at Afrika Tikkun, even though children in primary and high school do get government feeding in school on a daily basis, "You would find that, that will be their only meal for the day, and after that meal, one still needs to have supper," said Ramaroka. When these children get home there will be no supper, "and if there is no supper they will find ways to survive that may increase their vulnerability, hence we saw a need to assist," he said.

"As long as you are registered in any of our core programmes, when you come in you get your meal," said Ramoroka. Explaining how the food menu is developed, Ramaroka said, "the menu is developed by dieticians who work very closely with our Primary Health Care (PHC) programme."

The PHC nurse and the dietician work on the children's body mass index (BMI) and from that they develop the menu or update where there is a need to do so. Over time, a child's BMI will indicate the impact of nutrition on conditions like wasting, stunting and malnutrition.

Child hunger is a stark reality for children in South African townships, and attending to this challenge is of the utmost important if we want this generation to grow, learn and one day fulfill their potential. In order to keep the children healthy, the center does not have vendors within or near their premises.

In addition to the meals, the staff and learners are shown the principles of vegetable gardening based on "Food and Agriculture Organization of the United Nations – A Vegetable Garden for All" campaign.

The garden plays a pivotal role in producing fresh vegetables for the centre ensuring that children attending Afrika Tikkun's programmes eat healthy food. In addition

unemployed Parents working on the gardens are allowed to take home vegetables to feed their families.

The organisation plants following a planting chart developed by the NFSSS team. The chart helps you to know the right time to plant and to harvest.

About Afrika Tikkun

Afrika Tikkun is a non-profit organisation dedicated to the reduction of youth unemployment in South Africa by tackling the socio-economic drivers that make it difficult for young people to access the economy.

We aim to reduce unemployment by empowering young people in the context of the family. Which is why, we focus on education, personal development, career development, nutrition, health, Family support, skills development, and ultimately work placement. This approach is our Cradle-to-Career 360° model.



The model sets the foundation for all our core programmes and is designed in a way that allows us to provide development interventions that are not only holistic, but also longitudinal¹.

Afrika Tikkun has over 12, 000 registered beneficiaries every year who each receive a comprehensive set of services designed to propel them into success. In addition, we provide services to over 10, 000 beneficiaries on ad-hoc interventions.

HOW WE MEASURE OUR PERFORMANCE & IMPACT

Our monitoring and evaluation activities include both quantitative and qualitative evaluation. The quantitative and qualitative data is examined against the backdrop of carefully planned objectives in order to measure success.

Success is therefore measured by means of outcomes achieved through quantitative and qualitative reports received from the M&E and the operational team. These are provided to the management team during regular management meetings where operational and financial results are reviewed.

For more information contact: media@afrikatikkun.org | 011 325 5914

¹ **Longitudinal:** is an approach that allows the study of developmental trends across the life span of participants which makes the determination of impact more accurate.