

**18 JULY
NELSON
MANDELA
DAY**

Like slavery and
apartheid,
poverty is
unnatural and
can be overcome
by the actions of
human beings.

NELSON MANDELA



Spend
67 minutes
in the fight to
end hunger
in South Africa!

www.foodbank.org.za/67minutes



**On the empty plate above,
draw a picture of
your favourite food.**



HUNGER BYTES

WHO IS FOODBANK SOUTH AFRICA?

Since 1970 South Africa has produced enough food to feed all of our people. Despite this fact, the number of hungry South Africans has increased.

According to the General Household Survey of 2009, about 20% of South Africans have inadequate access to food.

FoodBank South Africa (FBSA) has been formed to solve this problem. FBSA is a non-profit organisation formed in March 2009 to engage with food donors, food manufacturers, retailers, faith-based organisations and government in addressing hunger in South Africa. FBSA has a national office in Cape Town which facilitates the establishment of food banks countrywide.

FBSA has the support of national, provincial and local government, as well as traditional leaders. As a member of **Global Foodbanking Network**, a US-based initiative, FBSA adheres to the highest standards of quality control and food banking management.

For Parents and Caregivers: Once your child has finished their drawing, laminate this page and use as your child's placemat.

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**Draw how it feels when you are very
hungry, and you cannot find
any food to eat.**



WHAT'S A FOOD BANK?

A food bank sources good quality excess food produced by farmers and manufacturers or unsold by wholesalers and retailers, and transports it to its warehouses, where the food is sorted and then distributed to agencies, who in turn provide food to those who would otherwise have no food.

A food bank acts on behalf of thousands of social service organisations ("agencies") that work with the hungry.

Food banks source and distribute massive volumes of food for the agencies. The economies of scale brought about by the establishment of food banks ultimately results in lower cost structures and more hungry people receiving food.

SELF-SUFFICIENCY

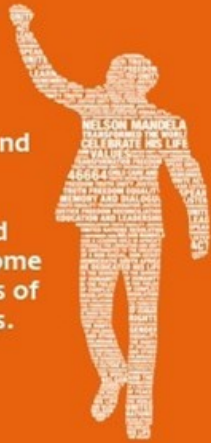
FoodBank SA agencies are required to demonstrate a willingness to become self-sufficient. FBSA's own sustainability model is a rural food bank centred on creating food security and jobs in rural areas.

For Parents and Caregivers: Once your child has finished their drawing, at your next family meal, leave an empty place at the table, and use this page as a placemat to remind your children about hunger.

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In the picture above, there is one plate for every
one million people in South Africa.

How many South Africans are there? _____ million

In the picture above, there is one empty plate
for every one million hungry people in South Africa.

How many South Africans are hungry? _____ million



HOW CAN YOU HELP?

FoodBank South Africa (FBSA) depends on donations of finance, food and equipment – and the time of volunteers. Helping FBSA is the most effective contribution to fighting hunger in South Africa today.

Some of the ways you can help:

Donate funds. If you have funds to donate, you can donate online at www.foodbank.org.za

or get in touch with our Fundraising Coordinator at donate@foodbank.org.za

Donate food. If you have food to donate, please contact our food-sourcing coordinators at food@foodbank.org.za

Volunteer a few hours of your time. To do so, please communicate with our volunteers coordinators at volunteer@foodbank.org.za

To learn more, visit www.foodbank.org.za

ANSWERS:
There are 48 million South Africans and
14 million hungry people in South Africa