

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](http://www.foodbank.org.za/67minutes)

# Placemat for the Hungry



Please feel free to take this placemat home with you. You can print more copies of this placemat, as well as Hunger Bytes (a family pack with drawing, puzzles and other activities), by visiting [www.foodbank.org.za/67minutes](http://www.foodbank.org.za/67minutes)

## ABOUT FOODBANK SA

South Africa is capable of providing enough food for its whole population. However, more than 14 million South Africans are vulnerable to food insecurity.

Nelson Mandela is right. The problem of hunger is entirely man-made, and can be eradicated just like slavery and apartheid.

**FoodBank South Africa (FBSA)** is a non-profit organisation set up to eradicate hunger in SA. FBSA was formed in March 2009 and in its first year in operation distributed to the hungry 5.6 million kilograms of food valued at R76m.

FBSA has the support of the government and many of the major food producers in the country.

The organisation is a member of the Global Foodbanking Network. It has already established food banks in four major cities and plans to set up more.

By partnering with us, you can join the generation that plans to end hunger in our country in our lifetime:

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