


**67**  
**minutes**

*Like slavery and apartheid, poverty is not natural. It is man-made and it can be overcome and eradicated by the actions of human beings.*


**NELSON MANDELA**



*Mandela Day*

make an imprint  
a 46664 celebration.

[www.mandeladay.com](http://www.mandeladay.com)



**FOODBANK**  
SOUTH AFRICA

endorses Mandela Day  
[www.67minutes.org](http://www.67minutes.org)



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

## HUNGER BYTES

### WHAT IS FOODBANK SOUTH AFRICA?

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

South Africa is capable of providing enough food for its whole population. However, 30% of South Africans do not know where their next meal will come from.

**FoodBank South Africa** has been formed to solve this problem.

FoodBank South Africa is a non-profit organization that was formed early in March 2009 to engage with food donors, food manufacturers, retailers, faith based organizations and Government in addressing hunger in South Africa. FoodBank South Africa has a national office located in Cape Town which facilitates the establishment of FoodBanks country-wide.


FoodBank South Africa 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, FoodBank South Africa adheres to the highest standards of quality control and foodbank 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.**



### COMMUNITY FOODBANKS

A FoodBank sources and transports good quality excess food produced by farmers and manufacturers or unsold by the wholesale and retail trade, to its warehouses, then stores and distributes it to agencies, who in turn provide food to those who would otherwise have no food.

A **Community FoodBank** acts on behalf of the hundreds of social service organisations ('agencies') that already operate in its territory.

The effectiveness of Community FoodBanks enables them to source and distribute massively increased volumes of food for the agencies, at a far lower cost. The economies of scale brought about by the establishment of Foodbanks ultimately results in lower cost structures and more hungry people receiving food.

### RURAL FOODBANKS


Smaller communities and villages will soon form FoodBanks. Local communities will be encouraged to plant and grow produce that can be traded or sold at a **Rural FoodBank**, thereby helping bring about growth in rural economies.

**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?

Our new FoodBanks depend on donations of finance, food and equipment – and the time of thousands of volunteers. Some of the ways you can help:

**Donate funds.** If you have funds to donate, please visit our donations portal at :

<http://donate.foodbank.org.za>

**Donate food.** If you have food to donate, please email: [food@foodbank.org.za](mailto:food@foodbank.org.za)

**Volunteer** a few hours of your time. To do so, please email: [volunteer@foodbank.org.za](mailto:volunteer@foodbank.org.za)




Make your donation online at:  
<http://donate.foodbank.org.za>

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

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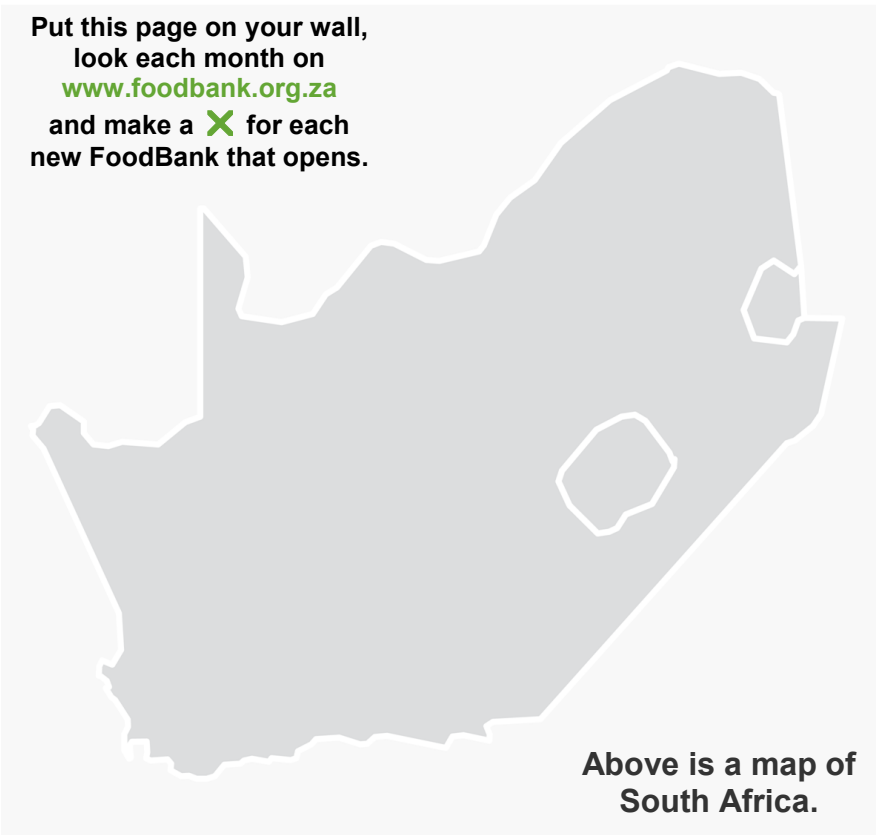


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Put this page on your wall,  
look each month on  
[www.foodbank.org.za](http://www.foodbank.org.za)  
and make a **X** for each  
new FoodBank that opens.



Above is a map of South Africa.



Boerewors & Chakalaka



Bunny Chow



Gatsby



FoodBank South Africa already has 3 FoodBanks operating in the major urban areas, and will soon open the fourth FoodBank in Port Elizabeth.

We aim to build 20 FoodBanks in 3 years.

**Foodbank Cape Town :**

Tel: 021 371 0042

Email: [info@foodbankcpt.org](mailto:info@foodbankcpt.org)

**Foodbank Johannesburg:**

Tel: 011 613 5552

Email: [info@foodbankjhb.org](mailto:info@foodbankjhb.org)

**Foodbank Durban:**

Tel: 031 579 2983

Email: [info@foodbankdbn.org](mailto:info@foodbankdbn.org)

*(to be launched soon)*

**Foodbank Port Elizabeth:**

Tel: 041 582 2918

Email: [info@foodbankpe.org](mailto:info@foodbankpe.org)

**National Office:**

**Postal address:**

P.O. Box 13630,  
Mowbray  
7705  
South Africa

Tel: +27 (0)21 685 0484

Fax: +27 (0)21 685 7482

Web: [www.foodbank.org.za](http://www.foodbank.org.za)

Email: [info@foodbank.org.za](mailto:info@foodbank.org.za)

**ANSWERS:**  
Boerewors & Chakalaka (Johannesburg)  
Bunny Chow (Durban)  
Gatsby (Cape Town)

**Draw a small house (🏠) where you live.**

[If you do not live in South Africa, draw an arrow pointing to your country instead.]

**There are 3 FoodBanks already in South Africa.**

**Put crosses (X) where they all are.**

**On the right of the map there are three plates of food.**

**Which food comes from which city?**

**Put a tick (✓) where the next FoodBank is going to be.**

**FoodBank South Africa plans to build many more FoodBanks throughout South Africa. Make a question mark (?) next to the place where you think the next 3 should be.**