

## **PRESS RELEASE ISSUED BY MEALS ON WHEELS SOUTH AFRICA**

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### **Eskom Causes Emmanuel Misery – Can Hayboxes Save The Day?**

Emmanuel Day Care Center branch of Meals on Wheels in Bisho, Eastern Cape is struggling with what it perceives to be high electricity bills.

“We pay around R700 a month for electricity,” says branch manager, Mrs Liziwe Ntubela. In fact, cooking two meals a day for 110 children, her charges are average. The branch also cooks meals for 40 indigent community members twice a week.

Emmanuel Day Care could save quite a bit of money if they used a haybox. This is a highly insulated, closed ‘warmer’ in which one places a pot after 15 minutes of cooking on a stove. The creche could make these themselves using large cardboard boxes and dry veld grass. They could even fill old pillow slips with the grass and pack these pillows around the pots to keep them warm. The food continues to cook without any electricity being used.

Another solution is to buy a few solar cookers which can also be homemade using cardboard boxes and shiny aluminium foil. Place [pots inside during the hottest times of the day to cook. A third solution might be some gas stoves.

The branch is also in need of office equipment - a fax machine, printer, computer and copier.

Meals on Wheels is a charitable organization that provides meals for people too poor or infirm to fend for themselves. You can sponsor a hungry person via SMS – simply SMS the word ‘MEAL’ to **39055**. Your SMS is billed at *R15.00*.

For further information or for comment, please contact Mrs Liziwe Ntubela +2778 236 2594. Pictures are available on request, please contact the sender. If you encounter any problems with contact numbers or with spokespeople, please phone +2783 758-4483.

### **You can also visit the following websites for more news and info:**

- Meals on Wheels website: [www.mowglobal.co.za](http://www.mowglobal.co.za)

### **Social Pages :**

- Facebook: <http://on.fb.me/eSkF9s>
- Twitter: <http://twitter.com/>