

Celebrating a Legacy of Giving: Our Mandela Month Triumph

NEWSLETTER

EDITION 1, AUGUST 2023



WARM WELCOME

Mr. Neerings has been appointed by the MOWCS SA Board to serve as the acting National Director of Meals On Wheels Community Services.



In the warmth of a new season, we find ourselves overflowing with gratitude as we reflect upon the remarkable journey we've embarked upon together. It is with immense pleasure that we welcome you to the heart-warming pages of our newsletter, a chronicle of compassion and community spirit. Your unwavering support has lit up countless lives, and today, we come together to celebrate a monumental milestone – the delivery of 37,295,001 meals to the needy beneficiaries of Meals on Wheels Community Services in just 6 months.

This achievement is a testament to the power of collective kindness, the strength of unity, and the boundless potential of human generosity. Each meal delivered carries not just sustenance but a message of hope and care, resonating deeply within the hearts of those who receive them. Your contributions have not only filled empty stomachs but also touched countless souls, nurturing the spirit of community that lies at the core of our mission. But our journey doesn't end here. It extends far beyond the borders of generosity, as we are also here to express our profound gratitude for your partnership during the extraordinary Mandela Month initiative.

"Celebrate a monumental milestone – the delivery of 37,295,001 meals to the needy beneficiaries of Meals on Wheels Community Services in just 6 months."

Together, we've honoured the legacy of a great leader by giving back to our communities, embodying the spirit of ubuntu – the belief in a universal bond that connects all of humanity. In this newsletter, we aim to convey the impact of your support and dedication. We'll share stories of the lives you've touched, the hope you've sown, and the difference you've made. As we dive into these stories, we hope you'll find inspiration in the compassion and resilience of the human spirit, a spirit that you have helped keep alive.

Once again, thank you for your unwavering commitment to our cause. You are the cornerstone of our success, the driving force behind our mission, and the embodiment of the change we wish to see in the world. Together, we are making a profound difference, one meal, one act of kindness, at a time. With heartfelt appreciation and warm regards,

Mr. Tony Neerings
MOWCS SA - Acting National Director



Ensuring a Sustainable Future: The role of Donor Engagement and Feedback

In a world marked by rapid change and evolving challenges, sustainability stands as a beacon of hope guiding us towards a brighter future. At Meals on Wheels Community Services, sustainability isn't just a buzzword – it's a commitment that underscores our every action. As we navigate the currents of global trends, our partnership with you, our valued donors, becomes even more vital.

Global trends, whether environmental, social, or economic, have a profound impact on the communities we serve. The rising concern for the environment, the growing need for social inclusivity, and the dynamic shifts in technology all influence how we operate. We understand that to create lasting change, we must be adaptable, innovative, and responsive.

Here, the role of donor engagement takes center stage. Your support isn't merely transactional; it's a catalyst for transformation. By engaging with

us, sharing your insights, and providing feedback, you contribute to our evolution and refinement. Your feedback is the compass that helps us align our strategies with the changing landscape, ensuring our efforts remain effective and relevant.

We invite you to be an active part of our journey towards sustainability. Your input helps us identify areas for improvement, innovate new solutions, and ensure that our services meet the evolving needs of our beneficiaries. Just as the roots of a tree secure its growth, your engagement fortifies our mission and enables it to flourish.

As we stand at the intersection of global trends and community service, our commitment to sustainability shines ever brighter. Together, as partners united by purpose, we can navigate the winds of change and steer towards a future where every plate is filled, every heart is touched, and every voice is heard.



SUSTAINABILITY ENGAGEMENT & FEEDBACK

Thank you for being an integral part of Meals on Wheels Community Services' sustainable vision.

With gratitude and anticipation

Mr. Effort Bhebe
MOWCS SA - Finance Director



A Winning Partnership: Meals on Wheels & Grey College Shine at the 2023 Inter-School Soccer Tournament



GREY COLLEGE BLOEMFONTEIN



In June 2023, the city of Bloemfontein witnessed an electrifying display of talent and sportsmanship as Grey College hosted an inter-school soccer tournament that left spectators on the edge of their seats. What made this event even more remarkable was the collaborative effort between Grey College and Meals on Wheels, who joined

forces to make a difference on and off the soccer field. The tournament, aired on DSTV SuperSport Channel 241, showcased the incredible skills and dedication of young athletes from various schools across the region. But this year's event had a special ingredient that set it apart – the commitment to give back

to the community through a partnership with Meals on Wheels. Kicking Goals Beyond the Field While the soccer tournament was a thrilling spectacle, the collaboration between Grey College and Meals on Wheels added an extra layer of purpose to the event. Meals on Wheels, a well-known nonprofit

organization dedicated to combating hunger and food insecurity, found a unique opportunity to raise awareness and support for its cause.

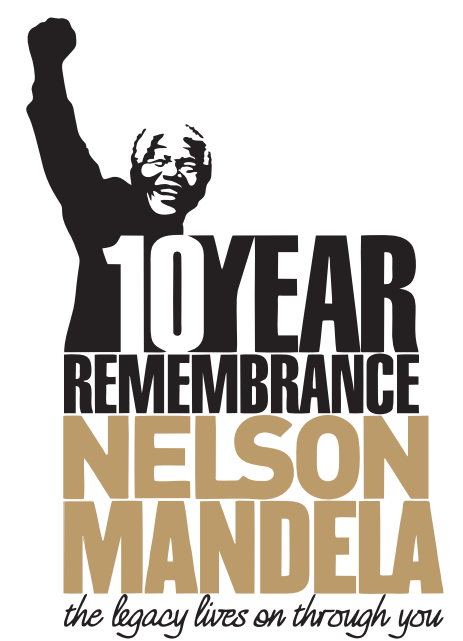
Grey College, a prestigious institution with a strong tradition of excellence, welcomed the chance to be a catalyst for positive change in their community. Together, they embarked on a journey to make a significant impact on the lives of those less fortunate.

Raising Funds and Awareness

The partnership between Meals on Wheels and Grey College was not just about raising funds but also about raising awareness. Spectators and viewers of the tournament were encouraged to contribute to Meals on Wheels' mission to provide nutritious meals to those in need.

A Tournament to Remember

On the soccer field, Grey College displayed exceptional skill and sportsmanship. Their



SPIRIT OF UBUNTU

“ the results of our Mandela Month Activations are a testament to the power of collective action.”

“None of these achievements would have been possible without the incredible support of numerous corporates who join hands with us for this noble cause”

performance in the tournament was nothing short of inspiring, as they clinched victory with an unforgettable display of talent. Yet, the real triumph of the event was the unity and compassion demonstrated by the entire community. The support shown by Grey College students, parents, and staff, as well as the enthusiastic response from the broader Bloemfontein community, exemplified the power of collective action. The tournament was not just about winning games; it was about winning hearts and making a tangible difference in the lives of those who need it most.

Looking Ahead

As we reflect on the memorable June 2023 inter-school soccer tournament in Bloemfontein, one thing is abundantly clear: partnerships like the one between Meals on Wheels and Grey College have the potential to change lives and communities for the better. The impact goes beyond the tournament's final whistle, leaving a lasting legacy of compassion and camaraderie. This collaborative effort reminds us that when organizations, schools, and communities come together for a common cause, remarkable things can happen. It is a

Spreading The Spirit OF Ubuntu: Mandela Day Activations Touch Lives Across South Africa

In July, the nation came together to commemorate the legacy of Nelson Mandela, a champion of unity, compassion, and the belief that we can change the world through acts of kindness. This year, our Mandela Month initiatives were a resounding success, with the invaluable support of numerous corporates, donors, and the dedication of our branches, area offices, staff, and volunteers. Together, we made a profound impact on the lives of those in need.

Numbers That Speak Volumes

The results of our Mandela Month activations are a testament to the power of collective action. Through sandwich drives and cook-a-thons, we fed a staggering 18,653 individuals, ensuring they didn't go to bed hungry. Additionally, 12,350 individuals received nourishing cups of soup, bringing warmth and comfort to their lives.

In the spirit of sustainability and community growth, we prepared 310 planters for gardens, sowing the seeds of change in our communities. For emergency situations, we assembled 670 Jars of Hope, ensuring that we are ready to provide

testament to the fact that sports have the power not only to entertain but also to inspire and uplift.

As we eagerly await next year's tournament, we look forward to witnessing even greater achievements, both on the soccer field and in the realm of community support. The partnership between Meals on Wheels and Grey College serves as a shining example of how we can all play a part in creating a brighter, more compassionate future.

Let this be a reminder that when we unite in the spirit of giving, we can score goals far beyond the boundaries of any soccer field.



meals when they are needed most. And in the spirit of Mandela's compassion, we distributed 150 blankets to keep our beneficiaries warm during the cold winter nights.

Partnerships that Shine Bright

None of these achievements would have been possible without the incredible support of numerous corporates who joined





hands with us for this noble cause. We extend our heartfelt gratitude to:

Wabtech
Bacardi
Atlas Copco
Metropolitan
Momentum
Capitec
Sanlam
Pepsico
Norkem Corner
Diego
JNG Cares
Niterrra South Africa
Vodacom
Standard Bank
South African Defence Force

Greys College
Shoprite Group (Shoprite, Checkers, Usave)
Sasko
Santa
Eazi Real Estate
Constantiaberg Hospital

Your support exemplifies the spirit of ubuntu and demonstrates the immense impact that collaboration can have in uplifting communities and changing lives.

Going Live with SAU Media

A special thank you goes to the remarkable team at SAU Media, who helped us reach even more hearts by going live from our Bloemfontein Warehouse. Their dedication and enthusiasm helped us share the joy of Mandela Day with the public, inspiring others to join our cause.

Shoprite Group's Generosity

We extend a heartfelt thank you to the Shoprite Group for sending three of their

trucks to assist with feeding our beneficiaries in Kimberley, Bloemfontein, and Taung. Their generosity and commitment to our mission were instrumental in ensuring that meals reached those who needed them most.

A Grateful Heart

As we reflect on the impact of our Mandela Month activations, we are overwhelmed with gratitude. Together, we demonstrated the enduring legacy of Nelson Mandela by embodying his spirit of compassion and service. We proved that when we join hands with a common purpose, we can create positive change that touches the lives of thousands.

To our branches, area offices, staff, and volunteers – you are the life force of our organization, and your dedication fuels our mission. Thank you for being the heart and soul of Meals on Wheels Community Services.

A Collective Triumph: Celebrating Our 182 Branches

Dear Dedicated Volunteers and Supporters,

In the heart of our organization lies a vast network of compassion, dedication, and unwavering commitment – our 182 branches across South Africa. Today, we take a moment to express our profound appreciation for the extraordinary work you do, for it's your efforts that illuminate our mission and touch the lives of countless hungry South Africans.

March: 5,909,528 Meals Delivered

As the year began to unfold, our branches stepped up to the challenge. In March, you delivered 5,909,528 meals, providing nourishment to those in need during a time of uncertainty. Your resilience and dedication shone brightly.

April: 6,138,089 Meals Delivered

April saw our collective impact grow even stronger, as 6,138,089 meals were

delivered to those who rely on our support. Your unwavering commitment during challenging times did not go unnoticed.

May: 6,030,016 Meals Delivered

With May came a spirit of renewal, and our branches continued to rise to the occasion, delivering 6,030,016 meals to those facing hunger. Your steadfastness ensured that no one went to bed hungry.

June: 6,381,963 Meals Delivered

In June, your dedication reached new heights, with 6,381,963 meals delivered. This incredible achievement reflected your tireless efforts to combat hunger and make a lasting difference.

July: 6,322,666 Meals Delivered

July brought both challenges and triumphs, but our branches remained undeterred. A total of 6,322,666 meals were delivered, serving as a testament to your unwavering



commitment to our mission.

August: 6,512,739 Meals Delivered

As we entered August, the momentum of our branches showed no signs of slowing down. An astonishing 6,512,739 meals were delivered, highlighting the remarkable impact of our collective work.

Your dedication, hard work, and compassion are the driving forces behind

182
BRANCHES

these incredible numbers. Each meal delivered represents a lifeline, a moment of relief, and a gesture of love for those in need. It is your commitment that allows us to continue our mission of eradicating hunger and nourishing the souls of our communities.

As we express our heartfelt gratitude for your outstanding efforts, we also look ahead with hope and determination.

Together, we can achieve even more, touching the lives of many more hungry South Africans.

Thank you for being the heart and soul of our organization. Your dedication is the beacon that guides us, and your impact is immeasurable. We are truly grateful for each and every one of you.



GENEROSITY



Checkers Sixty60 and Meals on Wheels: A Remarkable Mandela Week Partnership



remarkable opportunity to use the app to send groceries directly to Meals on Wheels branches, choosing to make a tangible difference in the lives of others.

Five Meals on Wheels branches across South Africa were chosen to benefit from this initiative: Alberton Meals on Wheels, Meals on Wheels Oosternberg, Plumstead Meals on Wheels, Meals on Wheels Western Cape Area Office, and our Meals on Wheels Warehouse in City Deep. These branches became hubs of hope, ready to distribute the groceries received from generous Checkers Sixty60 customers.

Astonishing Generosity

The response from the public was nothing short of astounding. A total of 902 orders, valued at an incredible R417,703.81, poured in from individuals who wanted to contribute to the cause. It was a heartwarming display of empathy and a testament to the collective will to make a positive impact.



Scan the Code
for Meals on Wheels - Checkers
sixty60 advert.

But the partnership didn't stop there. In a magnificent gesture of solidarity, Checkers Sixty60 matched the value of the donations in cash, handing over a generous cheque of R417,703.81 to our Western Cape Area Office. This substantial contribution will undoubtedly go a long way in providing meals and support to those in need.

Going Above and Beyond

Checkers Sixty60's commitment to fighting hunger didn't end with their cash donation. They went the extra mile by refunding their customers' delivery costs, amounting to an

In the spirit of Mandela Week, South Africa witnessed an extraordinary partnership between Checkers Sixty60 and Meals on Wheels that exemplifies the power of unity, compassion, and collective action. From the 14th to the 18th of July 2023, this collaboration brought hope and nourishment to those in need, leaving an indelible mark on our communities.

Delivering More Than Groceries

Checkers Sixty60, the innovative grocery delivery app, extended its reach beyond convenience to deliver a profound impact during Mandela Week. Customers had the



www.mealsonwheels.org.za

additional R31,570. This act of generosity not only made it easier for customers to participate but also ensured that even more funds were directed towards our mission.

A Beacon of Hope

The partnership between Checkers Sixty60 and Meals on Wheels during Mandela Week is a shining example of what can be achieved when the public and a large retail chain join forces to combat hunger. It is a powerful testament to the enduring legacy of Nelson Mandela and his vision of a South Africa where no one goes to bed hungry.

As we reflect on this remarkable initiative, we are reminded that change is possible when we stand together with a shared purpose. The impact of this partnership extends far beyond groceries and monetary donations; it represents a beacon of hope that illuminates the path towards a brighter, more compassionate future for our communities.

We extend our heartfelt gratitude to Checkers Sixty60, our dedicated Meals on Wheels branches, and, most importantly, the generous individuals who chose to make a difference. Together, we continue to honor the spirit of Mandela, ensuring that his legacy lives on in our acts of kindness and the lives we touch.

World Food Day 2023: *Water is Life, Water is Food. Leave No One Behind.*

On October 16th, the world will once again unite to commemorate World Food Day. This annual event, celebrated in over 150 countries, draws attention to the pressing issues of global hunger, food security, and sustainable agriculture. The theme for World Food Day 2023 is 'Water is Life, Water is Food. Leave No One Behind,' a poignant reminder of the paramount importance of water for life on Earth and its fundamental role in nourishing humanity. In this article, we delve into the critical role of water and explore how community services like ours contribute to the goals of World Food Day 2023.

Water: The Essence of Life

Water, often referred to as the elixir of life, is the bedrock of all existence on our planet. Every living being, from the tiniest microorganisms to the largest mammals, relies on water for survival. It sustains ecosystems, supports biodiversity, and keeps our planet habitable. Yet, water is not merely a life-sustaining force; it is also the cornerstone of our food systems.

Water: The Foundation of Food

The 2023 World Food Day theme emphasises that water is not just a crucial element in the equation of life but is intricately interwoven with our food production systems. Agriculture, the primary source of our sustenance, is heavily dependent on water. It is estimated that agriculture consumes approximately 70% of all global freshwater withdrawals. Crops require water for growth, and livestock need it for hydration and care. The entire food

supply chain, from farm to table, relies on water at various stages.

In the our realm of food production, water plays multiple roles.

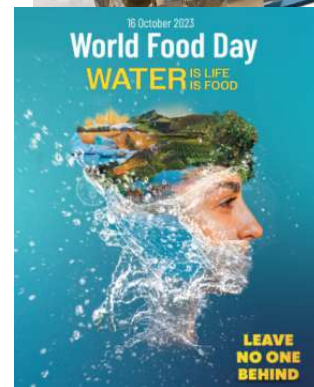
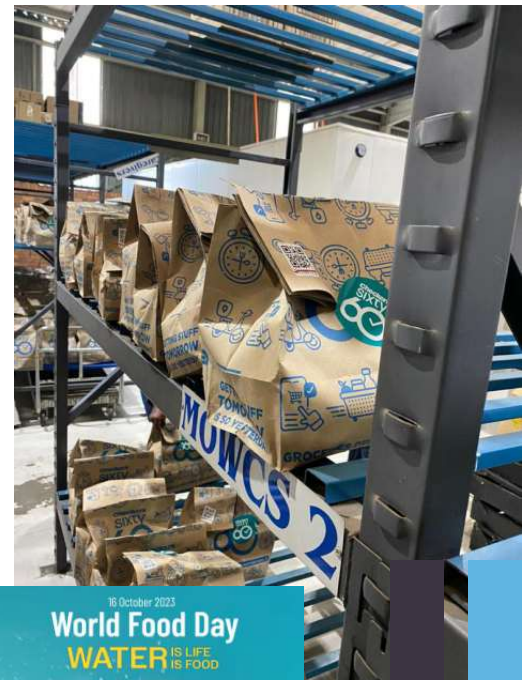
How does "Meals on Wheels" contribute to the goals of World Food Day 2023?

Nutritious Meals: "Meals on Wheels" services are committed to providing well-balanced, nutritious meals. These meals are designed to meet the dietary needs of recipients, ensuring they receive the sustenance required for a healthy life.

Hygiene and Safety: Clean water is a non-negotiable component of food safety and hygiene. "Meals on Wheels" services place a premium on safe food handling and preparation, which includes using clean water for cooking, washing, and sanitation.

Community Gardens: We as Meals on Wheels Community Services is making a concerted effort to up-skill communities to a point where they will be able to provide meals for themselves through sustainable subsistence gardens.

In conclusion, World Food Day 2023's theme, 'Water is Life, Water is Food. Leave No One Behind,' serves as a powerful reminder of the inseparable connection between water and food. It underscores the significance of water in all aspects of our food systems and calls us to action to ensure equitable access to both water and food for everyone. We are a testament to this commitment, as we work tirelessly to deliver not just meals but also hope and dignity to those who need it most, contributing significantly to the goals of World Food Day 2023



Conclusion

As we draw the curtains on this newsletter, we are filled with a sense of immense pride and gratitude. The journey we've embarked upon, the 37,295,001 meals delivered, and the incredible impact of Mandela Month would not have been possible without you – our cherished donors and sponsors.

Your generosity is the beacon that guides us, and your support is the wind beneath our wings. We are profoundly thankful for your unwavering commitment to Meals on Wheels Community Services, and for being the driving force behind our mission to combat hunger and nourish the souls of those in need. Should you wish to learn more about our initiatives, get involved, or simply have a conversation about the incredible work we are doing together, please do not hesitate to contact us at info@mealsonwheels.org.za. Your inquiries, ideas, and feedback are invaluable to us.

Together, we have proven that when hearts unite in the name of compassion, no challenge is insurmountable, and no dream is too big. Let's continue to make a difference in the lives of those less fortunate, and together, we can build a world where no one goes to bed hungry.

With heartfelt gratitude and a shared vision for a brighter future,

Gershon Naidoo
MOWCS SA Programmes Director

