



SPROUTING MINDS

Edition: 1st Semester 2019

Semester News

Opening numbers

This year we started off with a bang! We reached our capacity – meaning, we are providing breakfast and a snack to the grade R – 3 learners at the school that we are involved with. The sum total for this year is 174 tummies that need nutritious food to be able to concentrate and do well in school.

Children that we give food: 174

Schools involved with: 1

Celebration

In March it was also a celebration as Sprouting Minds turned two. Hopefully, with your love and support we will be able to continue helping grade R – 3 children for many years to come. A shout out and special thank you to our donors and volunteers.

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New project

It is with great joy that we announced our new project that is getting launched in the winter. This project's aim is to educate the grade 4 – 6's about a vegetable garden and also reinforce what they are learning in Natural Science at school. This will show them that one can always do something to get food, even if it is to plant it. The vegetable garden will also act as a safe space for children to go and just relax. The vegetables that are grown there will go to the feeding scheme that feeds the children lunch as well as act as a barter to thank the gardener for looking after the garden by watering it if the children have not done so. We applied for a grant from the Department of Agriculture and we are very excited to share the news that we have been given the grant. We are waiting for the paperwork before we can start.



Muesli

We had a few requests to sell the muesli that we feed the children. This is muesli that we make ourselves and it is very nutritious and of course, delicious! You can go to our website to order if you would like to try it out or hop on over to our Facebook page to message us for an order. When buying the muesli from us you automatically also make a donation.



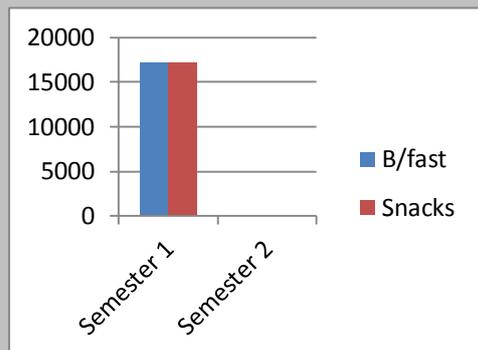
Fun fact

Garrard county in Kentucky, USA, has a population of 17 226 people. This means that with the sum total of food provided to all the identified children in the first semester we would have been able to feed the whole county of Garrard for the morning.



Statistics

The first semester consisted of 99 days. It is estimated that we provided 17 226 breakfasts and another 17 226 snacks that is nutritionally balanced according to the children's needs.



Fundraising

Sprouting Minds decided to raise some funds at the Vinkel & Koljander market this year. It is held at Bergsig church, in Durbanville every year. The organizers of the market were kind enough to give us an opportunity to sell some products, which we are truly grateful for. Mrs Knoetze and Carina Knoetze (director of SM) got to work and packaged over 10kg of almonds; they made delicious chocolate biscuit fudge and peanut clusters. We also used the opportunity to show case our famous vegan muesli. The market was a success but due to the current economic climate, the turn out wasn't as good as the previous years. Thank you to everyone who came to support us. We received great feedback and a few special requests for future product development.



Volunteers

We started to get volunteers to help us every third week. This means that every third Sunday they would come and help us to make 174 sandwiches for the next day's breakfast. We have turned it into a little game to keep things interesting. We time ourselves to see how long it took us to make the 174 sandwiches and to try and beat the previous record.



International news



Every donation is special. It is not only about the financial contribution but the emotional connection someone feels with our organisation when donating.

We are taking the time this week to thank our hero's. (Not all of them want recognition and we respect their privacy). Jessica and her family from Canada have been contributing to Sprouting Minds for quite some time now. The contributions are made on behalf of her two sons, Jude and Daniel.

We hope that we will have the opportunity to take them to the school when they visit SA again.

Thank you Jessica, Wassim, Jude and Daniel!

Enjoy the school holiday!