



### **NEWS FROM LUNCH BUDDIES**

***Hello students and parents. Lunch Buddies is growing and changing. Thanks to the wonderful and steady supply of sandwiches we get from our donor schools, we can begin to provide a service to an area of greater need. We are extending our reach to Early Child Development Centres. This will help the youngest child become ready for school through a good nutrition program. We will be serving about 560 preschool children in the Vrygrond area.***

***To do this, we are asking students to bring in sandwiches as usual. However, we are trying to increase the protein content so are suggesting sandwiches made of brown or whole wheat bread, containing peanut butter, cheese, bovrallmarmite, or jam.***

***We want to try adding a piece of fruit to the lunch. So we are also asking students to also bring a piece of fruit that peels or is solid like an apple so there will be less damage in transit.***

***We have employed a driver dedicated to Lunch Buddies so your collection day may have changed.***

**YOUR COLLECTION DAY is:**

**TUESDAY**

### **HISTORY OF LUNCH BUDDIES**

***Lunch Buddies was introduced in 2002 (then called Bread Buddies). It is a network of donor schools able to produce sufficient volume to provide a nutritious lunch to an informal settlement or low-income area near to the donor schools. Lunch Buddies is sponsored by FoodBank South Africa and has grown to produce about 1,000 sandwiches a day for distribution. The goal is to grow to produce 2,000 sandwiches and add fruit to the meal. Schools have traditionally been primary schools, but the new focus will be on ECDs not qualifying for government subsidy, located in an informal housing or formal low-income housing area.***

### **VRYGROND | OVERCOME HEIGHTS HISTORY AND BACKGROUND**

***Vrygrond ('free ground'), was established in the 1800's by fishermen and today has an estimated population of approximately 42,000 residents. Residents only acquired land ownership in 1995, when 52 hectares of land was transferred to the community under the stewardship of the Vrygrond Community Development Trust. The trust replaced tin and wood structures with 1600 brick houses, but the community still lives in a state of deprivation. There is limited access to services and dangerously high levels of substance abuse and unemployment. Families remain fractured and children are left without the care they need to grow into well-rounded, loved and educated adults. Overcome Heights is an extremely poor squatter community adjacent to Vrygrond. No permanent structures are permitted, hence 'homes' are at best rickety structures with no insulation, electricity or running water and are often flooded during the rainy season. There are estimated to be at least 17,000 residents living in Overcome Heights. As in the case of Vrygrond, unemployment, substance abuse, poor nutrition and lack of sufficient healthcare have led to the breakdown of families and a socio-economic downward spiral.***