



Health & Welfare Fund

Malnutrition is a major underlying cause of death in 64% of South African children under the age of five.¹

This is according to an article written for the Independent Online, in May of 2015. Additionally, one in five children are stunted, with many having been deficient in the necessary minerals and vitamins vital to good health and optimal development.

The United Nations Children's Fund South Africa (UNICEF) reported that approximately 75,000 children do not make it to their fifth birthday, and 75 percent of new-borns pass away in their first week of life.

These are the staggering statistics that drive our Health & Welfare initiatives, as well as our cause as a whole, forward.

South Africa has enough food to feed its entire population, and yet many people, especially the poor in the rural areas, remain vulnerable to hunger and malnutrition.

The effects of malnourishment and malnutrition cause younger children to be held back in terms of optimal development, increasing the chances of mental and emotional hindrance over time.

[1] <http://www.iol.co.za/news/south-africa/western-cape/hunger-claims-64-of-sa-children-1858022>



Combating Hidden Hunger

Beyond the observed lack of access to food, it is also incredibly important to give special consideration to the “hidden hunger” pandemic people suffer from on a daily basis – most of the time, without even knowing it.

Hidden hunger refers to a chronic lack in the intake of essential minerals and vitamins that, without which, the body cannot function correctly, and at optimal levels. Such deficiencies continue to go unnoticed (hidden) on a global scale, yet the consequences of hidden hunger are far-reaching.

In South Africa, people find it exceedingly difficult to afford healthy, nutrient-rich foods as prices increase over time. These people may not suffer from hunger like so many do in rural areas, but they do land up suffering from nutrient deficiencies that have serious impacts on their health. For children, these deficits are especially detrimental.

In a study performed by Oxfam², it was found that due to differences in income, limited access to employment, and various cultural practices, South African women face hunger more often than men. In many communities, these women remain largely responsible for feeding their families and are further burdened when family members suffer from contracted diseases, such as HIV. It was further identified that communities lack access to healthy foods, yet retain good access to non-healthy foods as supermarkets and spaza shops continue to sell short-life stock that has passed its expiry date.

This, combined with other related factors, such as the availability of organic and non-organic stock, had increased child-stunting by more than 25% at the time of the study.

[2] https://www.oxfam.org/sites/www.oxfam.org/files/file_attachments/hidden_hunger_in_south_africa_0.pdf

Where we fit in

Our goal is to run our Health & Welfare Fund with hidden hunger in mind by providing access to healthy and nutritious foods. Initially, we will set out to consign these foods to beneficiaries (communities and care centres that shelter, feed, and educate children and women). We then envisage a hands-on approach for the fund, where beneficiaries are provided with the skills, knowledge, and tools necessary to grow their own produce for them and their families.

How can you help?

Your support is key to helping us contribute to those who need it most, and contributions to our Health & Welfare Fund are used exclusively for running projects in their aid.

You can donate via EFT to the banking details attached to the originating email (please let us know if you would like a letter from the bank, confirming these details).

As a registered Public Benefit Organisation, we are authorised to furnish you with a Section 18A Tax Certificate for the full monetary value of your contribution, should this be required.

We are also registered with the Department of Social Development as a Non-Profit Organisation.

All of our certification may be downloaded from this link:

<https://evelynfoundation.org/download-center>

Upon receipt of your contribution, we will also send you a letter of thanks and a donation receipt for your records. To make sure we allocate your contribution correctly, please use your name as a reference and kindly send us a payment notification from your bank.

You can contact us by sending an email to **info@evelynfoundation.org**.

We thank you in advance for playing your part, and helping us make a difference.