

Boosting Immune Systems – Tiny Tummies Project

Every morning, each child in the pre-schools we help support receives a full portion of a multivitamin porridge containing the essential vitamins and minerals plus other nutrients for healthy growing and learning. We sing songs to make the occasion fun, and instill in the children & the teachers about superior nutrition and what is good for them.

Once a month we also supply milk or fruit to mix in to add extra nutrition as a special treat. Each pre-school supplied with Nutty-Butty mix (peanut butter and (epap) multivitamins and minerals mixed together) to supplement the lunches and snacks. Basic nutritional knowledge is quite limited here, and often children are sent to pre-school with just white bread and butter and / or a sugary syrup drink. We spread Nutty-Butty mix on to the bread and on apple and banana slices to try and sneak in a little extra nutritional benefit wherever we can!



We work in some of the highest TB affected areas of South Africa. Building the immune systems of these young children is vital to their survival. If they eat the right foods with vitamins and minerals and other immune boosting nutrition they are less likely to contract TB and get sick and they will have energy to learn and grow. We use similar formula for our Nutty-Butty mix as Doctors Without Borders and Unicef use for their life-saving “plumpy nut” mix. Education and understanding is Key for the children we work with. With your funding we hope to expand our nutrition program “Tiny tummies” with more focus on nutritional education for the care givers and pre-school teachers of the children we work with in the foster homes and child care centers.

In the past we have also helped with baby milk where and when needed. Plus by additional food and cooking supplies for soup kitchens and foster homes



Hygiene items to clean the bowls cups and spoons to promote healthy clean living and a germ free zone .

(Violet's little kids crèche and soup kitchen)



Assistance for Annie Annie's Soup Kitchen and Foster Home

Baby Milk for Mahmes Baby care project

