



Brief history of the Peninsula School Feeding Association (PSFA)

On 10 March 1958, the then National Party government ended the national school feeding programme due to 'wastage', based on ineffective administrative control and accountability. Soon after, it became clear that the need for school feeding was great, as many of the school children came from families who lived below the breadline, and the urgency was enough to justify independent action, regardless of the government's response to the outcry.

As a result of frequent requests from concerned school principals for assistance, because their children were either fainting or not coming to school due to hunger, about 60 concerned members of the Rotary Club of Paarden Eiland (now Table Bay) got together and decided to pick up where the government had left off. Three days later, the PSFA was formed. It cost PSFA ten Shillings per term to feed a learner affected by poverty during 1958, less than R1 for an entire year.

Brief overview of PSFA

PSFA is a registered non-profit organisation that addresses hunger in young learners attending primary, secondary and special needs schools as well as Orphaned and Vulnerable Children Centres (OVCs) and Early Childhood Development Centres (ECDs) and Technical and Vocational Education and Training Colleges (TVETs) in the Western Province.

Our Mission is to combat the prevalence of hunger in children attending schools and other developmental institutions, through school feeding and other developmental initiatives, while they are at school.

Our Vision is no more hungry school children.

PSFA's main aims are to reduce short term hunger, enhance children's ability to learn through school feeding and increase school attendance.

PSFA has to date provided over 1.6 billion nutritious meals to underprivileged school children thus promoting a sound grounding for education, which is the key to everyone's future.

Hunger and malnutrition prevent the disadvantaged children on our feeding programme from learning. This leads onto a lifetime of damage and continuation of the cycle of poverty – for the child, our society and our nation.

The Educational Institutions we serve

PSFA currently provides daily nutritious cooked meals to a total of 27 367 learners at the following 161 educational institutions in the Western Cape:

- 25 865 learners at 141 primary, secondary and special needs schools
- 412 children at 14 ECD centres
- 390 children at four OVC safe parks and
- 700 students at two TVET colleges

Over and above the ingredients supplied to each educational institution on our feeding programme, PSFA also provides gas stoves, gas bottles, gas when needed, pots, plates, eating spoons and cooking utensils.

PSFA empowers and trains members of the community, usually unemployed parents, to prepare and serve meals at each of the schools. PSFA provides each volunteer with a monthly stipend.

All food stocks are stored at PSFA’s warehouse. PSFA contracts external transportation companies to ensure timeous delivery of the ingredients to each school on our programme.

Monitoring & Evaluation

PSFA employs Field Workers to manage, monitor and evaluate the proper implementation of our feeding at all the schools on our programme. Our Field Workers conduct regular site visits at their respective schools. The procedure is as follows:

- Stock control of ingredients supplied by PSFA
- Quality control
- Hygiene control
- Stock control and condition of cooking equipment and utensils
- Gas requirements
- Condition of cooking and storage facilities
- Serving times
- Correct daily menu
- Portion control
- The number of children being fed
- Times that children are being fed
- Training requirements for food preparers and sorting out any challenges
- Providing the Operations Manager with a weekly report

Kitchens at Schools

Thanks to funding provided by donors, PSFA has also to date facilitated the building and supply of 124 kitchens at schools that had inadequate facilities to prepare cooked meals.

The Need for School Feeding

According to a report compiled by the University of Cape Town’s Children’s Institute, three out of every four children in South Africa are living in poverty, with approximately 30% of the country’s population experiencing food insecurity.

PSFA Schools Feeding Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Maize meal	Maize Meal	Maize Meal	Maize Meal	Maize Meal
Lunch	Lunch	Lunch	Lunch	Lunch
Rice	Samp	Rice	Rice	Samp
Pilchards in Tomato	Sugar Beans	Curry Soya Mince	Pilchards in Tomato	Savoury Soya Mince
Brown Lentils	Oil	Fresh Carrots	Fresh Cabbage	Fresh Carrots
Fresh Butternut	Salt	Salt	Salt	Salt
Salt	Fruit in Season		Fruit in Season	Oil
Breyani Mix				

Cost Implications

PSFA’s school feeding programme is specifically structured to address hunger. It impacts positively on the learner’s nutritional status. Each meal provided meets at least 33% of the learner’s Recommended Daily Allowance (RDA). It costs R2.50 per learner per day for two meals – R450 per learner per annum.

Our partnership with the Western Cape Department of Education

All the schools are on our feeding programme and are not included in the Western Cape Department of Education's National Schools Nutrition Programme (NSNP). PSFA undertakes to secure funding to ensure that these schools will be supported by our feeding programme.

The Western Cape Department of Education recently awarded PSFA with the following feeding tenders:

1. The National School's Nutrition Programme (NSNP) – PSFA provides 256 000 learners at 458 schools in the Cape Town Metro area with a breakfast and lunch while at school
2. MOD Centres (Mass Opportunity and Access, Development and Growth Programme) – PSFA provides 26 435 learners at 181 selected schools with a daily after school sandwich and a fruit.

Conclusion

PSFA receives funding from many generous donors who have adopted a school and in doing so, contribute to the nutritional needs of learners. These donors include individuals, companies, trusts, foundations, privileged schools, NPO's, churches and clubs.

All the schools on our feeding programme are not included in the Western Cape Education Department's National Schools Nutrition Programme. PSFA undertakes to secure funding to ensure that these schools will be supported by our feeding programme.

PSFA believes that children should be given the opportunity to learn, grow, develop and achieve. Children cannot do all this without a nutritional meal. The provision of school feeding contributes significantly to these objectives. We foundation of our inspiration is from the statement, "you can't teach a hungry child."