

# NR Relief

## Report back to donors and supporters.

28.5.2020

Over the last fortnight the NR Relief team has continued to refine lists and distribute to community drop points in ward 3.



At base, the KZN Crane Foundation Usher Centre, varying suitable foods are stored, re-packaged and put into the required number and sizes of boxes.

Pictured left are volunteers who are packing powdered milk.

Drops of food parcels are made up either fortnightly or weekly according to the beneficiary family sizes and drop intervals. Ten volunteer teams gather to load and transport to the 10 drop sites.



Pictured are the NR Landrover Club members who assist with one of our large distribution drops. The above was to Zenzane Village.



Zenzane is one of the larger Drops. In the background one sees the team checking off names and identities of passport numbers of beneficiaries. In the foreground is Yoghurt – a generous donation from Spring Meadow.



Another Distribution Drop team convoy seen departing the KZN CF to do a drop at Rosetta last week.



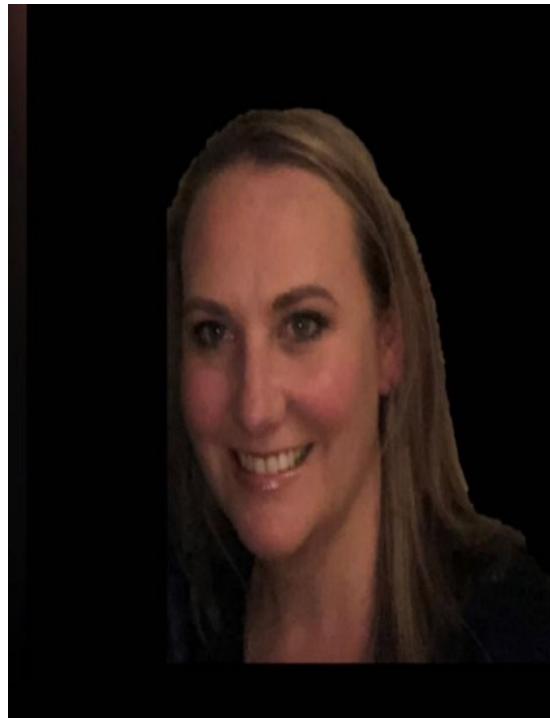
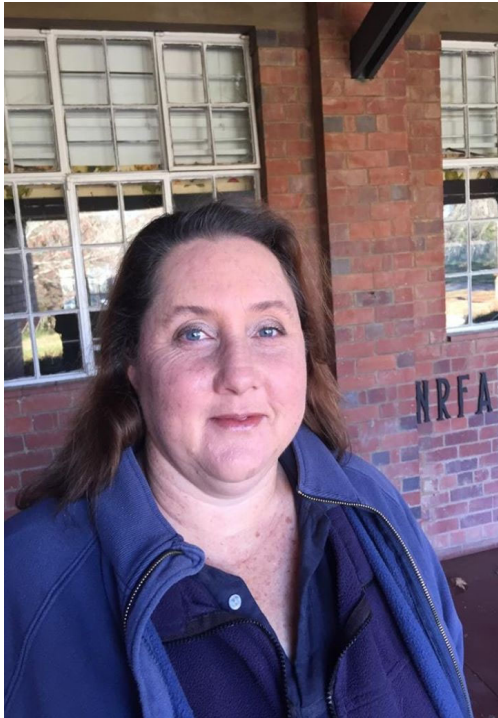
The Rosetta Drop. Pictured are Sandra and James Berning, both very busy farmers and yet find an enormous amount of time for the Relief effort.

### A huge donation



Our ability to make the NR Relief effort be so cost efficient is due to the vast amount of produce and product which has been donated. The list is on record but too long to publish now. Above picture is a box of 1Kg. polonies. They were organized by SAMPA (SA Meat Producers Association) and more specifically Bluff Meats Pietermaritzburg who donated no less than 5 tons a couple of weeks ago.

**Financial, due diligence and record keeping.**



Behind the scenes are Wilma Martindale of Certa Chartered Accountants (left), Janine O'Neill Secretary of NRLA (above left) and Catherine James (above).

Wilma and Janine manage our donor funds, issue 18a tax donation certificates, load payments and keep us updated daily. Catherine works on recording beneficiary lists – hundreds of names and details.

The financial position of the NR Relief fund is that we have secured enough current funding and committed funds to see us through until about mid -August working with the current number – 850 - beneficiaries and the current mixed packages (there are slight changes weekly due to seasonal or gifted foods).

If indeed the crisis continues and donor funding becomes leaner, we are planning for a further food packaging and distribution programme which is based on the most basic of food/nutrition.

This will consist of only 2 foods, Mpuphu (Maize Meal) 100 grams at a cost of 60 cents per meal, and Power Porridge (info below) at a cost of R1.00 per meal. See following article about this.

**The new Power Porridge.**

Introduced to us by Greg Cryer on behalf of Rotary SA, this amazing product is what we think is the very best in that it includes added vitamins and nutrients at a very low cost.

## HOW TO UNITE AGAINST HUNGER

**Potchefstroom Chamber of Commerce invites other South African business chambers to unite and fight the hunger.**

The Potchefstroom Chamber of Commerce in conjunction with CFAM Technologies anticipated the social and economic effects that the COVID-19 pandemic and the subsequent lockdown would have within the Potchefstroom communities.

This partnership has been able to sustainably produce and distribute meals during the lockdown period to over 6000 households that depend on these meals for their daily survival. These meals are available at a cost of only R1 per meal.

The meals are produced from locally grown maize, which is milled and enriched with pre-mixed micro-nutrients that enhance immunity, as well as skimmed milk powder. Through an extrusion process a clean and sterilized instant ready-to-eat cooked meal is produced that require only 200 ml water or milk to be added to a 50g serving. A standard bag of 5kg can consequently provide 100 meals.

**“WE CAN HELP YOU MAKE A DIFFERENCE IN YOUR TOWN OR COMMUNITY”**

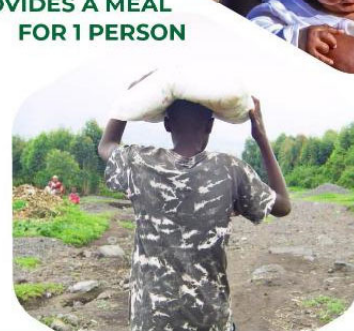


Donations from the Potchefstroom community and other donors are managed by Potchefstroom Chamber of Commerce, whilst the distribution of the meals are conducted through the Potchefstroom Church Leaders and local networks.

We invite all Chambers of Commerce and business across South Africa to contact us should they wish to establish similar feeding programs within their communities.

With our innovative and sustainable solution you have the ability to make a difference to many South African lives.

**R1 PROVIDES A MEAL FOR 1 PERSON**



Contact Potchefstroom Chamber of Commerce  
Johan Janse van Rensburg

+27 (0) 82 450 0451 | www.potchsakekamer.co.za | info@potch-tlokwe.co.za



Contact CFAM International  
Danie Vorster

+27 (0) 82 324 3183 | www.CFAMinternational.com | danie@cfam.co.za



In order to ‘market’ the Power Porridge and generate ‘consumer’ buy in, we taste tested it amongst the communities. The outcome was ideal – the beneficiaries see the benefits and desire the product.



Dennis Mchunu and Kwanele Thwala loved every mouthful of Power Porridge

**Whole Grain White Maize Instant Vanilla Porridge 5kg**

**NOT FOR SALE**

**Ingredients:** Pre-cooked whole grain white maize, Sugar, Skimmed milk powder, Flavouring, Salt, Vitamins and Minerals.

**Allergens:** Manufactured in a facility that produces soya, wheat and milk products.

**Mixing Instructions:** For every 50g of instant porridge, add 200ml of water or milk.

**Storage Instructions:** Store in a cool, dry place, away from direct sunlight.

**TYPICAL NUTRITIONAL INFORMATION**

NUTRIENT	UCM	Per 50g Serving (Dry Powder)
Energy	kJ	793
Protein	g	4.1
Carbohydrates	g	37.76
Of which total sugar	g	10.0
Total Fat	g	0.29
Dietary Fibre	g	2
Sodium	mg	114.6
<b>VITAMINS</b>		
Vitamin A	µg	46.0
<b>Vitamin B Complex</b>		
B1 (Thiamine)	mg	0.6
B2 (Riboflavin)	mg	0.7
B3 (Nicotinamide)	mg	8.0
B5 (Pantoic Acid)	mg	2.5
B6 (Pyridoxine)	mg	0.9
B9 (Folic Acid)	µg	200
B12 (Cyanocobalamin)	µg	1.2
Vitamin D (Cholecalciferol)	µg	7.5
Vitamin E (Tocopherol)	mg	7.5
Vitamin H (Biotin)	µg	15.0
<b>MINERALS</b>		
Chromium	µg	35.0
Iodine	µg	75.0
Iron (Electrolytic Iron)	mg	9.0
Selenium (Selenium)	µg	6.0
Zinc (Zinc Oxide)	mg	6.5

Manufactured by: CFAM Technologies, Plot 102, Kanaalweg, Potchefstroom, 2531

Enough goodness to keep people healthy as well as full.

Local community members have already committed to Power Porridge sponsorship. Some are individual donors and others are groups.

One creative consortium put 10 community members together. Each member committed to a R1,000 donation per month for 6 months. They will end up feeding 60,000 meals to the hungry.

Once again thank you for your interest and support. You can be proud of belonging to a very special community.

If you know of any potential donors please forward this Newsletter.

Zap this:



Or follow this:

Banking Details: Account Name: **NRLA RELIEF FUND**

STANDARD BANK – Branch -  
MSUNDUZI

ACC NUMBER 03 510 0338

REFERENCE - Please enter EFT / Deposit  
reference as follows;

- Surname. NRLA – for NRLA members & donors

Or Surname. NRLA/PP - if donating towards  
NRLA Power Porridge programme.

Or

- Company name, URN – for organization's  
wishing to donate for the broader uMngeni  
area

**Send Completed Form and POP to:**

[nrla@bundunet.com](mailto:nrla@bundunet.com) Att. Janine