

April 2012

2012 Project COLORS Consumer Wellness Funding Update



Dear Consumer Wellness,

Outlined below, we have attached the review to recap some of what we have done with your funding since the start of your contributions to COLORS. I believe we already sent the photo with the ladies holding a sign for you a few months ago! Your support means the world to them as you are helping to feed their children.

Thank you so much again for helping with our small grassroots projects here in South Africa.

Sincerely,

Sunyata Choyce

Founding Director, Project COLORS International



Garden support

Garden projects involve local youth from our youth groups! The youth love the garden projects and we make sure to help instill them with a sense of ownership. The gardens are harvested and used by Alice's and Violet's crèches.



- Three of our project sites have gladly taken on gardening when assisted with supplies. This helps communities become more self-sufficient and provides healthy food for everyone to eat. Sometimes only shovels and seeds are needed to motivate a great project!



- **Fence**- A fence was repaired around Violet's community garden as the cows and chickens got in the garden.
- **Eco-leadership training camp** -5 youth from St. Marys Children's Home were also sponsored to go to an eco-leadership camp. They learned about recycling and how to plant their own gardens.



- **Hygiene** - Hygiene items to clean the bowls, cups and spoons were also bought to promote healthy clean living.
- **Youth** - Youth learn about recycling and composting at Alice's youth group. They all also planted seeds in egg cartons to sprout and transplant into the gardens to give them a jump start.

Boosting Immune Systems –

Tiny Tummies Project

Epap- Immune boosting meal for kids each day!!!

This porridge has been helping many children at these projects over the year:

- Alice's crèche – 20 toddlers (on going)
- Violet's crèche and soup kitchen- 50 kids (on-going)
- Mahame's baby care- 10 kids (project completed)
- Klankrants Sunday school- 40 kids (only on Sundays)



Info on the main program: Every morning, each child in our crèches receives a full portion of Epap, a porridge that is supplemented with essential vitamins and minerals and other essential nutrients. We sing songs to make the occasion fun, and instill in the children that the epap is good for them. We also supply milk and peanutbutter to mix in to add nutrition and to appease the fussy eaters.



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 nutrients they are less likely to contract TB and get sick, and they will have energy to learn and grow. With your funding we are expanding 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.

Soup Kitchen support:

- **Violet's Soup Kitchen** : Amazing project feeding the kids of the pre-school each day plus once a week feeding the community. This projects is joined to Violets preschool!
- **Auntie Annie's Soup Kitchen** : Feeding community members twice a week . This project is joined as a foster home which also benefits from the feeding program.



Youth and volunteer mentorship program- This has been a big BIG year

COLORS is happy to provide mentorship for disadvantaged youth from foster and children's homes. This is a valuable experience and opportunity for these youth to learn life skills, learn about nutrition/basic health, be exposed to motivating new ideas and to create a CV to help gain employment.

- **Thursday youth group-** On Thursdays Nini, Funny and other visiting volunteers help run a youth group for the Youth of the Silvertown community, at Alice's project. These youth learn different skills including how to grow seedling and prepare a garden each Thursday.
- We also strive to create an educational and inspirational space for young international volunteers to help here in South Africa, ages 18-25. All interns and volunteers are taught how to create donation letters, oversee projects, assist locals and teach children. They help with all COLORS projects and learn the benefits of volunteerism. We have had over 30 youth, interns and international volunteers participate formally and informally in this program over the past 7 years. We hope to expand it and grow as we have seen the benefits of this project with youth getting new jobs, creating their own projects and gaining more self confidence in themselves.



Thank you for helping us provide them with these opportunities

Please accept our sincere thanks! Love, Project COLORS

...and all the kids...teachers...youth ...all the volunteers

& Sunyata Choyce, Founding Director