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INTRODUCTION

The Lunchbox Fund is a Non Profit Organisation that focuses on fostering education via nutrition by providing a daily meal at school for vulnerable and food-insecure school children in township and rural areas of South Africa.

Our simple intervention provides a behavioural incentive for children to attend school and stay in school, as well as an economic incentive for their impoverished and/or unemployed caretakers to keep them there.

Children who suffer lack of nutrition don’t have the stamina, health or capacity to work towards a proper education. We provide a varied, daily, fortified hot meal at school. This gives children a strong incentive to be at school. Once a child is in class and no longer hungry, he or she is in place to receive an education.

Through interacting with teachers, fellow-students and food preparers, the child stays connected, cared for and involved. With education a child’s risk of HIV infection and abuse is greatly reduced, and children’s ability to generate income after graduation is significantly increased.

OUR VISION

No child in South Africa should be deprived of an education because of hunger.
The National Integrated Plan for Early Childhood Development aims to converge basic services to ensure improved childcare, early stimulation and learning, health and nutrition, water and sanitation in a child’s first 1000 days.

The integrated approach targets young children, expectant and nursing mothers and community groups and seeks to create an environment where children can grow, thrive and be better prepared for their future roles and responsibilities in society.

The Lunchbox Fund works with Community Based organizations to provide Nutrition - one of the five primary Components of the Plan.


5 Components of the National Integrated Plan for ECD

- Nutritional Support
- Maternal & Child Primary Health Interventions
- Stimulation For Early Learning
- Social Services
- Support For Primary Caregivers
Founder’s Note

“The Early Childhood Review 2016 reported that stunting is the most prominent form of malnutrition in South Africa: affecting 20% of all children under 5 years old. A sobering reality that LBF has become vitally aware over the past few years through our work in Early Childhood Development Centers (ECDCs) in rural and township settings. In addition to the low height for age that characterizes it, stunting is associated with long-term poverty and prolonged exposure to infections.

We knew we had to determine where these children were living and then work with community based educators to create a holistic response in which nutrition supported education and the child’s overall health. Statistical information drawn from various sources, including the South African Index of Multiple Deprivation, allowed us to develop a series of Heat Maps that identified high need areas at multiple scales.

Targeting these areas led LBF to focus our 2016 growth on deep-rural Early Learning- and Play-groups: both interventions targeted at children younger than 5 years.

The provision of a hot meal early in the day, in support of the education element, has resulted in dedicated and fast-growing attendance at these centers. Progress we are proud of and plan to do more of.

LBF is focused on embracing best practice in all that we do. Our aim is always to ensure we serve meals of high nutritional value and compositional integrity.

To this end, we asked the Nutrition Information Centre at the University of Stellenbosch to conduct an independent evaluation of our nutrition program.

NICUS concluded that LBF’s menu “makes a significant contribution to the dietary energy, protein and fat needs of its beneficiaries, and is particularly effective in delivering micronutrients”.

Taking WHO and WFP guidelines into consideration, NICUS also recommended a few improvements which LBF embraced wholeheartedly: increasing portion sizes and raising micro-nutrient levels where recommended and introducing Peanut Butter to aid healthy fat delivery.

In 2016 The Lunchbox Fund served over 3.6million nutritionally fortified, delicious meals to some of the country’s most impoverished and at-risk children. We did this through all 9 Provinces: reaching 16 466 children between 2 and 18 years of age each school day. We have achieved what we set out to do this year, but there are many more tummies still to fill. LBF’s agile, inventive and dedicated staff are constantly working to refine and develop our program to meet both the challenges of the economic climate in which we work and the real-life needs of our beneficiaries. We are proud to stand together as a team.”

– Topaz Page-Green (Founder)

WHO – World Health Organisation; WFP – World Food Program; The Early Childhood Review 2016 is a joint publication between Ilifa Labantwana, the Children’s Institute at the University of Cape Town (UCT) and the Department of Planning, Monitoring and Evaluation (DPME) in the Presidency.
“4 million children under 6 years of age in South Africa live in the poorest 40% of households”

- The South African Early Childhood Review 2016
  Joint publication Ilifa Labantwana, Children’s Institute University of Cape Town and Department of Planning, Monitoring and Evaluation (DPME) in the Presidency
Targeting Children In The Greatest Need

LBF has collated data from credible South African sources to develop a series of in-house ‘Hunger Heat Maps’. These represent a range of indicators for children’s vulnerability to hunger and food insecurity at National, Provincial, Municipal and ward levels. These maps assist us in tracking where our in-school feeding will have the most impact as we continuously increase our reach.
16,466 children were fed each school day in primary and secondary schools. 167 early child development centres were operational. 24 after-school programs and 1 orphanage were established.
In 2016 Lunchbox Fund served 3.6 million meals in South Africa’s 9 Provinces to 16,466 children.

- **Eastern Cape:** 1,126
- **Free State:** 1,101
- **Gauteng:** 3,823
- **Kwazulu Natal:** 2,545
- **Limpopo:** 467
- **Northern Cape:** 20
- **North West:** 1,500
- **Northern Cape:** 1,126
- **Western Cape:** 4,041
- **Northern Cape:** 20

**Overall:** 1,126 children in each province.
## What’s In The Lunchbox?

### The health benefits of LBF meal components

**Brown Bread**
- Manganese
  - protein and fat metabolism
  - blood sugar regulation
  - normal bone growth
- Selenium
  - vital antioxidant
  - inhibits the oxidation of lipids
  - regulates thyroid hormone on fat metabolism
- Dietary Fiber
  - lowers blood cholesterol
  - stabilizes blood sugar levels
  - helps prevent many bodily disorders

**Sugar Beans**
- Zinc
  - boosts immune function
  - improves cardiovascular health
  - assists in diabetes prevention
- Iron
  - produces energy
  - healthy muscle development
  - develops and maintains a healthy brain

**Soup Mix**
- Dehydrated Vegetables
  - nutritional values remain intact
  - retain their fibre content
  - contains no cholesterol or preservatives
- Retinol
  - maintains and protects eye tissue
  - promotes the development of teeth, soft and skeletal tissue
  - protects cells from oxidation damage
- Vitamin B2
  - helps create red blood cells
  - assists enzymes to work
  - maintains healthy skin, nails and hair

**Rice**
- Amino-Acids
  - balance blood sugar levels
  - promote bone growth
  - tissue repair
- Vitamin B5
  - production of adrenal hormones
  - production of neurotransmitters
  - maintains healthy intestinal tract

**Peanut Butter**
- Protein
  - essential for growth and development
  - provides body with energy
  - helps maintain proper acid alkaline balance
- Manganese
  - necessary for normal brain development
  - protects against cardiovascular disease
  - cholesterol reduction
- Resveratrol
  - cardioprotective effects
  - anti-inflammatory effects
  - anti-viral effects
- Vitamin B3
  - memory enhancer
  - proper circulation
  - aids digestion
- Arginine
  - enhances immune function
  - muscle metabolism
  - assists in release of growth hormones

**Spinach, Cabbage & Broccoli**
- Vitamin A
  - maintains healthy mucus membranes and skin
  - essential for vision
- Vitamin K
  - key in bone formation
  - and strengthening
- Vitamin C
  - helps the body develop resistance against infection
- Minerals
  - rich source of minerals like potassium
  - important component of cell and body fluids that help control heart rate and blood pressure
  - counters the effects of sodium

**Butternut & Pumpkin**
- Vitamin A
  - essential for optimal eyesight
  - protects the body against lung and oral cavities
- Vitamin B6
  - thiamin protects immune system
  - riboflavin essential for red blood cell production
  - nicotinamide adenine dinucleotide (NAD+), which is a key component of many metabolic reactions

**Fortified Maize Meal**
- Riboflavin (Vitamin B2)
  - improves energy metabolism
  - maintains healthy blood
  - assists oxygen delivery
- Folate
  - vital for new cell creation
  - helps prevent brain and spine birth defects reduce risk for colon cancer
- Thiamine
  - maintains healthy cardiovascular functioning
  - assists in energy production
  - breaks down fats and proteins

**Soya Mince**
- Isoflavones
  - reduce heart disease
  - improve bone health
  - lowers risk of osteoporosis
- Phytate
  - anti-inflammatory properties
  - lower glycemic load (sugar level)
  - prevents cardiovascular disease
- Phytosterols
  - lowers cholesterol
  - anti-oxidants help fight cancer
  - maintains collagen production
- Soy Protein
  - contains all essential amino acids
  - lowers cholesterol and high blood pressure prevents osteoporosis
- Omega 3 Fatty Acids
  - reduces inflammation
  - lowers incidence of depression
  - improves cognitive function

**Milk & Vita Drink**
- Potassium
  - builds proteins
  - breaks down and uses carbohydrates for energy
  - build muscle
  - maintains normal body growth
- Folac Acid
  - helps prevent anaemia
  - assists bowel to absorb nutrients
  - supports bone strength
- Zinc
  - boosts immune system
  - helps wounds heal
  - supports growth/development needed for sense of taste/smell
- Iron
  - assists muscles to store and use oxygen
  - supports infant physical and mental development
  - increases stamina and physical resilience
- Thiamine
  - necessary for normal brain development
  - promotes the development of teeth, soft and skeletal tissue
  - protects cells from oxidation damage
- riboflavin (Vitamin B2)
  - assists enzymes to work
  - maintains healthy skin, nails and hair

**Lentils**
- Soluble Fibre
  - lowers cholesterol levels
  - increases steady, slow burning energy
- Lean Protein
  - low fat, negligible saturated fat
  - no cholesterol
- Dietary Fiber
  - prevent constipation and other digestive disorders
  - slows down digestion and stabilizes blood sugar levels
- Solanine and Magnesium
  - essential to heart health
  - improves blood flow, oxygen and nutrients through body
  - transports oxygen
  - key to energy production and metabolism

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**Onion**
- Chromium
  - helps tissue cells respond appropriately to insulin levels in the blood
  - facilitates insulin action
  - controls sugar levels in diabetes
- Vitamin C and Manganese
  - helps provide relief from cold and flu by exerting anti-inflammatory actions
- Antioxidants
  - neutralizes free radicals
  - maintains immune system
  - promotes health and vitality

**Carrots**
- Fibre
  - regulates digestion
  - helps maintain digestive system
- Carotenes
  - protect from skin, lung and oral cavity cancers
  - maintain good eye health
  - skin integrity, growth and development
- Vitamin C
  - helps maintain healthy connective tissue, teeth and gums

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Home-grown and community-sourced fresh vegetables are provided by schools to complement the nutritionally fortified foods supplied by The Lunchbox Fund.
Each meal costs:  
\textbf{R2.85*}  
(Food + Delivery)  

*averaged across age groups and geographical distances
“2.3 million South African children go to bed hungry every day.”

The South African Early Childhood Review 2016^
2016 Financial Summary

i. Revenue Stream

In 2016, income realised via US Fund Raising Activities was invested in the growth of our Feeding Program in South Africa. Private Donations in both the US and SA augmented the funds, as did grants awarded by The Cape Wine Auction Trust, Cecil Jewell Foundation, Discovery Health, e.tv, Flight Centre Foundation, Geness Foundation, Shoprite Checkers and Simply Asia.

Pictured: 2016 vs. 2015 SA Revenue Stream Comparison

- **SA Donations: Private & Corporate**
  - 2015: R 702,612
  - 2016: R 958,208

- **SA Foundation Grants**
  - 2015: R 465,000
  - 2016: R 1,778,000

- **Investment from US Fundraising**
  - 2015: R 4,968,814
  - 2016: R 2,119,428
ii. Cost of Operations

All staffing and core business costs were covered by one dedicated Donor. This allows LBF to ring-fence 100% of all other donations and money raised for the provision of Nutrition to school children.

In 2016:

- Opening Cash balance: R 4 328 905
- Total Donations: R 4 855 636
- Interest earned: R 151 863
- Operating and Nutrition Program expenses: - R 7 414 105
- Net Assets at End of Year (Retained Income): R 1 922 299

Retained Income will be utilised in 2017 to grow the number of children we feed and expand LBF’s Nutrition Program footprint in the most needy areas of South Africa.

The Site Evaluation and Monitoring Program represented our highest operational growth cost in 2016. This was specifically impacted by: overall program growth into small volume schools in rural/geographically distant areas, increased visits from bi-annual to quarterly, community mapping of growth areas, additional fieldworkers and the development of a cloud based monitoring system.

The chart above illustrates how our 2016 South African expenditure was allocated.
Sustainability

The Lunchbox Fund’s sustainable fundraising strategy in 2016 included:

• Continued Partnerships with Discovery Health, Cape Wine Auction Trust, Cecil Jowell Family Trust, e.tv, Flight Centre Foundation, Geness Foundation, Hannover Re, Shoprite Checkers and Simply Asia.

• Solid and long-term relationships with High and Ultra High Net Worth Private donors.

• Consistent private donations via website and marketing.

• Successful Benefits and high-return Fundraising Events.
THE LUNCHBOX FUND BOARD

PATRON
Archbishop Emeritus Desmond Tutu

EXECUTIVE BOARD
USA: Mario Batali, Topaz Page-Green, Joaquin Phoenix, Rain Phoenix
SA: Topaz Page-Green, Vanessa Van Dyk, Susan Wildish, Gillian Wilkinson

ADVISORY BOARD
Chuck Close, Balthazar Getty, Felicia Mabuza-Suttle, Hugh Masekela, Francois Pienaar, Salman Rushdie, Mickey Sumner

CHARITY REGISTRATION INFORMATION

USA
The Lunchbox Fund, Registration Number: 2653536
Enterprise Type: Registered Public Charity 170(b) (1) (A) (vi) / 2370Id, Tax Exemption Status: 501 (c) 3

SA
The Lunchbox Fund South Africa, Registration Number 2012/168298/08 Registered: 13/09/2012
Enterprise Type: Non-Profit Company, Tax Exemption Status: NGO/NPC Section 18A (SARS)

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