



C/o Rose and Lundean Crescent, Claremont, Johannesburg, 2091 ° PO Box 465, Florida Hills, 1716  
 Tel: 082 854 6904 / 011 472 2366 ° Website [www.sopkombuis.com](http://www.sopkombuis.com)  
 930014433PBO/000364NPO  
 It is more blessed to give than to receive – Acts 20:35

**MANDELA DAY 2022**

**For a child living in poverty, YOUR LOVE AND SUPPORT ON MANDELA DAY gives them hope. It reminds them that they are loved!**



**No matter how small your action, Mandela Day is about changing the world for the better, just as Nelson Mandela did every day.**

With Mandela Day around the corner, we share 28 ideas on what one could do for children and elderly folk at Fred and Martie’s Soup Kitchen not only on 18 July but every other day, because **YOU CAN MAKE VERY DAY MANDELA DAY!** Former president Nelson Mandela once said “there can be no keener revelation of a society’s soul than the way in which it treats its children and elderly”. At Fred and Martie’s Soupkitchen we are flexible and we not only welcome, but encourage any ideas and input from you. Below is a short overview of what we do at Fred and Martie’s Soupkitchen for your ease of reference.

**This is what happens in a single year at Fred and Martie’s Soup kitchen**

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<p><b>AT FRED AND MARTIE’S SOUPKITCHEN WE -</b></p> <ul style="list-style-type: none"> <li><b>PROVIDE 233 190 MEALS ANNUALLY</b></li> <li><b>DISTRIBUTE 20 640 LUNCH BOXES ANNUALLY</b></li> <li><b>HAND OUT 8000 FOOD PARCELS ANNUALLY</b></li> <li><b>DISTRIBUTE 345 STATIOANRY PACKS ANNUALLY</b></li> <li><b>HAND OUT 125 PAIRS OF SCHOOL SCHOES ANNUALLY</b></li> <li><b>DISTRIBUTE 800 BLANKES ANNUALLY</b></li> <li><b>HAND OUT 370 JERSEYS, BEANIES, SCARFS, GLOVES AND SOCKS ANNUALLY</b></li> </ul>	<p><b>FRED AND MARTIES SOUP KITCHEN IS...</b></p> <ul style="list-style-type: none"> <li><b>A REGISTERED NPO/NPC</b></li> <li><b>A REGISTERED PBO</b></li> <li><b>ESTABLISHED IN 1978</b></li> <li><b>OFFICIALLY REGISTERED IN 1982</b></li> </ul>
	<div style="border: 1px solid black; padding: 5px;"> <p><b>INTERESTING FACTS</b></p> <ul style="list-style-type: none"> <li>In operation for 44 Years</li> <li>668 Child Beneficiaries</li> <li>150 Elderley Beneficiaries</li> <li>423 Household Beneficiaries</li> <li>&gt; 80% BEE Verification</li> </ul> </div> 



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**We know you want to do good, but often don't know what to do and where to go. To make it easy for you, here are 26 suggestions of simple and impactful causes to get involved in.**



### **1) Help at the Soup kitchen**

There are many ways you can help at the soup kitchen, and you don't always need to have money to do so. You can help with telling everyone you know about the heartfelt work that is done at the soup kitchen all of the time.



### **2) Donate non- perishable foods and clothing to the soup kitchen**

On Mandela Day you can donate non-perishable foods and clothing to Fred and Martie's Soup kitchen. Your donation can be dropped off at the Soup kitchen, c/o Rose and Lundean crescent in Claremont in Johannesburg.



### **3) Soup Kitchen Connect Donate R6.70 per day for 67 days**

I know you're probably thinking that Mandela Day is only one day and doing your part for Mandela Day may only take 67 minutes out of your day, what difference will that really make in the greater scheme of things? Well, the real message behind Mandela Day is to "Make Every Day a Mandela Day". Donating R6.70 per day for 67 days will feed 67 children at Fred and Martie's Soup kitchen. (The cost of feeding a child per day is R6.70)



### **4) Sponsor or Donate Care Kits**

Make "care kits", including items such as a comb, toothbrush, toothpaste, face soap, face cloth, a mask, sanitizer, roll-on and toilet paper for our elderly folk and children in the community.



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**5) Donate educational toys and books to the library at Fred and Martie's Soup kitchen for underprivileged children**

Mandela said "education is the most powerful weapon which you can use to change the world." You can take this opportunity on the 18 July to donate educational toys and books for underprivileged children at Fred and Martie's Soup kitchen



**6) Donate blankets to Fred and Martie's Soup Kitchen**

You can buy a blanket and give to a deserving kid at Fred and Martie's Soup kitchen.



**7) Take a pack of seeds to Fred and Martie's Soup kitchen to plant in their vegie garden and help feed the children**

This will bring about environmental awareness to the kids. Kids can also be help to plant trees. They can also plant vegetables which they can later consume.



**8) Bake and Share Bread**

Sponsor 67 loaves of bread to be handed out to 67 underprivileged families on Mandela Day.



**9) Donate paint and give our roof and palisades a new lease on life...**

There is no way you can go wrong with donating paint, to give our soup kitchen new life.



**10) Make a Pot of Soup on the day**

This Mandela Day, you can cook up a storm. You can cook some delicious soup that we can use to feed our children and elderly folk and deliver it to our Soup kitchen or we can come and collect.



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**11) Help spread the word for 67 minutes this Mandela Day**

There are many ways you can help at the soup kitchen, and you don't always need to have money to do so. This Mandela Day you can help by Sharing our Facebook page "Fred & Martie SoupKitchen" with 67 contacts on your phone.



**12) Help spread the news this Mandela Day**

There are many ways you can help at the soup kitchen, and you don't always need to have money to do so. This Mandela Day you can help by sending our winter newsletter to 67 of your contacts on your e-mail and cell phone this Mandela Day.



**13) Change our world through prayer this Mandela Day**

There are many ways you can help at the soup kitchen, and you don't always need to have money to do so. This Mandela Day you can help by sending arranging a chain prayer with your friends, family or church members for 67 minutes uniting in prayer for our Soup kitchen.



**14) Feed the Hungry Families in the Community**

In a society which still bears the scars of the past, it is not difficult to see those in need on a daily basis. This Mandela Day, why not round up a group of your friends and put together food packages? A few loaves of bread, some mealie meal, rice milk and a few cans of non-perishables can go a long way to those in need! Once you and your friends have put together a few food packages, take a drive to Fred and Martie's Soup kitchen and drop it off for distribution to needy families or let us know and we will collect.



**15) Leave the long- lasting warmth of your heart at our SoupKitchen**

You can change our world this Mandela Day by donating some plastic plates, eating spoons and cups that we so desperately need.



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**16) Help fulfil our organisation's wish list – Make Every Day Mandela Day...**

Don't have the time to do any of the above? Why not find out what Fred and Martie's Soup kitchen's wish list is and see how you can help. Remember, every little bit helps. Visit [www.sopkombuis.com](http://www.sopkombuis.com) or to make it easy for you our top 21 needs are: Rice, Mealie meal, Cake Flour, Milk, Sugar, Tinned Food, Soup Powder, Toilet Paper, Black Refuge Bags, Butter, Polystyrene Food Containers and Cups, Bleach, Dishwashing Cloths (washing and drying), Brooms, Mops, Macaroni, Spaghetti, Cobra Floor Polish, Doom, Compost for our Vegie Garden & Fresh Fruit.



**17) Meal Packs Filled by Grace**

Pack Meals at home or at the office for our children and elderly folk that we can hand out to our vulnerable children and elderly folk at Fred and Martie's SoupKitchen. Your love gives them hope.



**18) You can be sweet to us this Mandela Day...**

Why not make up as sweetie pack filled with love and hope for each of our children at Fred and Martie's SoupKitchen that we can hand out to our children.



**19) Join Hands with family and friends or even in the office and help us feed 875 families this Mandela Day! Help feed 2500 people...**

It's as simple as buttering, spreading and packing to help feed those in need. For Mandela Day join the team at Fred and Martie's SoupKitchen to help them reach their goal of making 2500 sandwiches to be handed out to 875 families adding up to 2500 people in the community. Participants are encouraged to make the sandwiches at home and drop them off at Fred and Martie's soup kitchen.



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**20) A MONEY TIN BOX – A Tin of hope**

Put a tin money box on the hall table at home or in the reception or canteen areas at the office to collect small change for Fred and Martie's Soup kitchen.



**21) You can keep us "OILED"**

Take a can of Q20 or a de-weeder to Fred and Martie's Soup Kitchen to help us tidy up or fix rusty joints of our playground equipment.



**22) Bake something for our frontline workers serving our children**

Why not bake something for our staff to encourage them in their difficult work. You can personally deliver it to them at the Soup kitchen.



**23) Change the face of charity this Mandela Day**

Switch the TV off for 67 minutes this Mandela Day and talk to your children about starting a family charity – something you can all fund-raise toward that is important to all of you and get involved not only on Mandela Day, but every day!



**24) Be "OUR SUPER HERO" for 67 months**

Be Our Super Hero and decide to make a monthly donation of your choice for the next 67 months.



**25) POWERED BY YOUR LOVE**

Bless us with the power of your love by lighting up our world with a much-needed Generator to keep us operational during load shedding. OR Light up our world with some solar energy lights.



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### **26) Keep the wheels rolling**

Your love can be the energy that keeps our wheels rolling by assisting us with Diesel for our vehicle to fulfil our daily operational needs at the Soup Kitchen.



### **27) Colour "OUR WORLD"**

You can donate 20 litres of Bright Orange QD Enamel to spray paint our palisades or share your skills and come and spray paint them for us.



### **28) You can give back some dignity this Mandela Day!**

You can donate sanitary pads and toiletries that can be dropped off at Fred and Martie's Soup kitchen. You can donate: R100 - one girl gets 3-month's supply of sanitary pads OR R250 - one girl gets 3-month's supply of sanitary pads and basic toiletries.

We are a registered non-profitable organisation that is BEE compliant. We are also one of the very few registered PBO organisations in our country which enables us to issue you with an IT18A certificate. If you want to contribute towards our worthy cause in celebration of Mandela Day our account details are as follows: Fred & Martie's Soup Kitchen, ABSA Cheque account, Account Number 4041078559, Branch code 430431.

We are very flexible and always welcome input from yourselves on suggestions around Mandela Day.

***We pray you find it in your hearts to spread your love and hope to those a little less fortunate than you.***

Kind regards,

Riaan & Yolindie Oberholzer

On behalf of all the Elderly Folk at Fred and Martie's Soup Kitchen

0828546904 / 0827868517 / Please visit our website on [www.sopkombuis.com](http://www.sopkombuis.com)