



Fred & Martie's Soup Kitchen

1 Lundeau Crescent, Claremont, Johannesburg, 2091 ° PO Box 465, Florida Hills, 1716

Tel: 082 854 6904 / 011 472 2366 ° Website www.sopkombuis.com

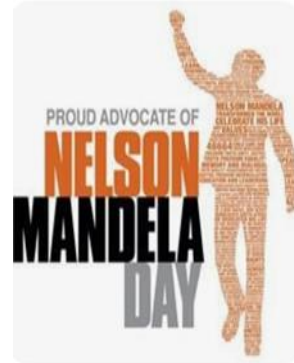
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It is more blessed to give than to receive – Acts 20:35

MANDELA MONTH
MANDELA WEEK

MANDELA DAY 18 JULY 2023

MAKE EVERY DAY IN JULY MANDELA DAY



For a child living in poverty, your love and support on Mandela Day give them hope

With Mandela Day just around the corner, Riaan and Yolindie Oberholzer from Fred and Martie's Soup Kitchen shared a few ideas about what to do for the children and elderly at their kitchen, not only on July 18, but every other day.

“For a child living in poverty, your love and support on Mandela Day give 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.

“At Fred and Martie's Soup Kitchen we are flexible and we not only welcome, but encourage any ideas and input from the public.”

As volunteers, they know everyone wants to do good, but often don't know what to do or where to go. To make it easy for the community, we made a list of suggestions of simple yet impactful causes to get involved in at Fred and Martie's soup kitchen.

- Volunteer at the Soup Kitchen for 67 minutes and help us prepare a meal and serve the children, elderly and families in the community
- Add an AGENDA ITEM 6.7 to your recurring meetings as a standard discussion point to always keep “Doing Good” as a discussion item on your Agenda
- Help us educate our girls for 67 minutes on teenage pregnancies
- Recycle the warmth of your heart by donating all your pre-loved clothing and household items to the Soup Kitchen

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- Soup Kitchen Connect – Donate R6,70 per day for 67 days. A single meal costs us R6.70 per child per day
- Sponsor or donate dignity packs for girls in the community
- Challenge your friends and family to collect 67 cans of non- perishable canned food and donate it to Freda and Martie's Soup Kitchen this Mandela Day
- Donate educational toys and books to the library at Fred and Martie's Soup Kitchen for underprivileged children
- Donate blankets to Fred and Martie's Soup Kitchen
- Take a pack of seeds to Fred and Martie's Soup Kitchen to plant in their veggie garden and help feed the children
- Bake and Share a Bread
- Donate paint and give our jungle gyms a new lease on life
- Make a pot of soup on the day
- Help spread the word about Fred and Martie's Soup Kitchen for 67 minutes this Mandela Day
- Share our Facebook page with 67 of your contacts this Mandela Day
- Change our world through prayer. Challenge your friends to pray for our world for 6.7 minutes this Mandela Day
- Feed the hungry families in the community
- Help fulfil our organisation's wish list
- 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
- Join hands with family and friends, or colleagues and help us feed 667 families this Mandela Day
- Spend 67 minutes interacting with children a little less fortunate than you
- Place a money tin box in your office, church or business and challenge your, friends, family and clients to each place R6.70 into the money box this Mandela Day
- 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
- Bake something for our frontline workers serving our children
- Change the face of charity this Mandela Day – Switch off the TV for 67 minutes this Mandela Day and talk to your children about getting involved at Fred and Maetie's Soupkitchen as the family charity of your choice.

Please open your hearts this Mandela Day and change our world.

Kind regards,


Riaan & Yolindie Oberholzer
0828546904/0827868517