



# **Rotary District 9350 Food Gardens Webinar**

**Understanding the importance of food  
gardens in education and  
development**



# AGENDA

- 16:55     **Understanding the importance of food gardens in education and development**
- 17: 00     Welcome – Anton Lubbe
- 17:01     Supporting children to thrive in South Africa – Anna-Marie Müller (DGMT)
- 17:13     Questions
- 17:18     Oude Molen Eco Village – Kelly Mansfield
- 17:30     Questions
- 17:35     Mhani Gingi Agri Processing Supply Chain - Lillian Masebenza
- 17:47     Questions
- 17:52     Gardening Tips - Michelle Nel (RC Helderberg Sunrise)
- 17:59     Closure – Geraldine Nicol
- 18:00     End of Webinar



23 May 2023

DG  
MT

# Supporting children to thrive in South Africa



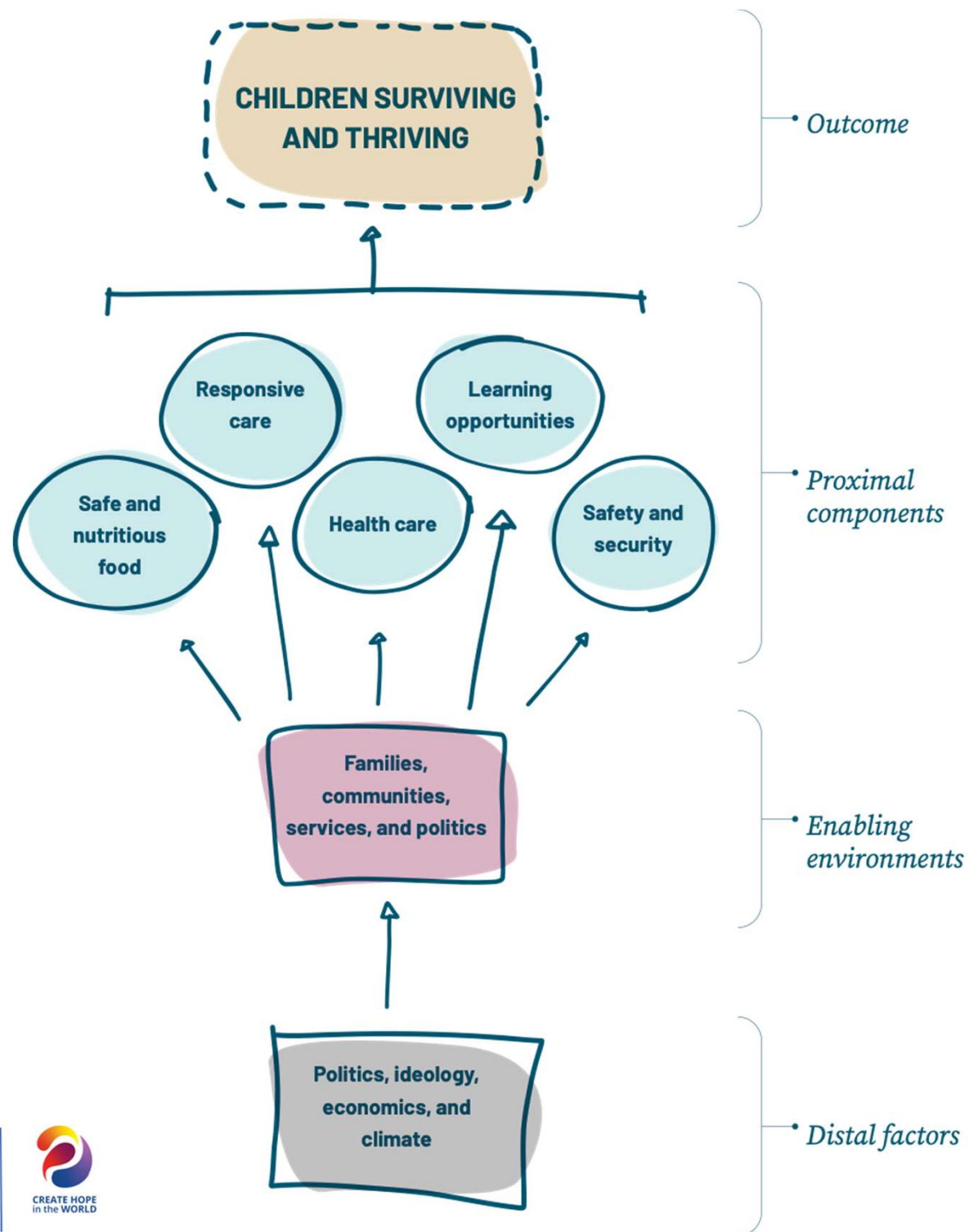
Escaping the inequality trap

Anna-Marie Müller

Rotary  
District 9350







UNICEF et al. 1990, Black et al., 2020

# Why early nutrition?

## Food security is not nutrition security

- Adequate nutrition in early childhood is essential for **optimal growth, development, and health**. Yet, one in four children under 5 are affected by stunting and only 23% of those aged 6–23 months receive a minimum acceptable diet.
- Annual economic losses from stunting and nutrient deficiencies resulting from malnutrition were estimated to be about \$1.1 billion in 2019—or R65.4 billion at current GDP prices.
- Early investment in preventative programmes aimed at the most disadvantaged children is more cost-effective than addressing malnutrition once it occurs. This investment needs to be sustained through childhood to reap its full benefits.

Sources: South African Child Gauge 2020; South Africa Demographic and Health Survey 2016; Mkhize and Sibanda (2020).



# Our commitment to zero stunting



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## Measuring children to measure impact



# Stunting Baseline

# Survey

[illegible]

**Rotary**  
District 9350



Western Cape  
Government  
**FOR YOU**

- [Health and Wellness](#)

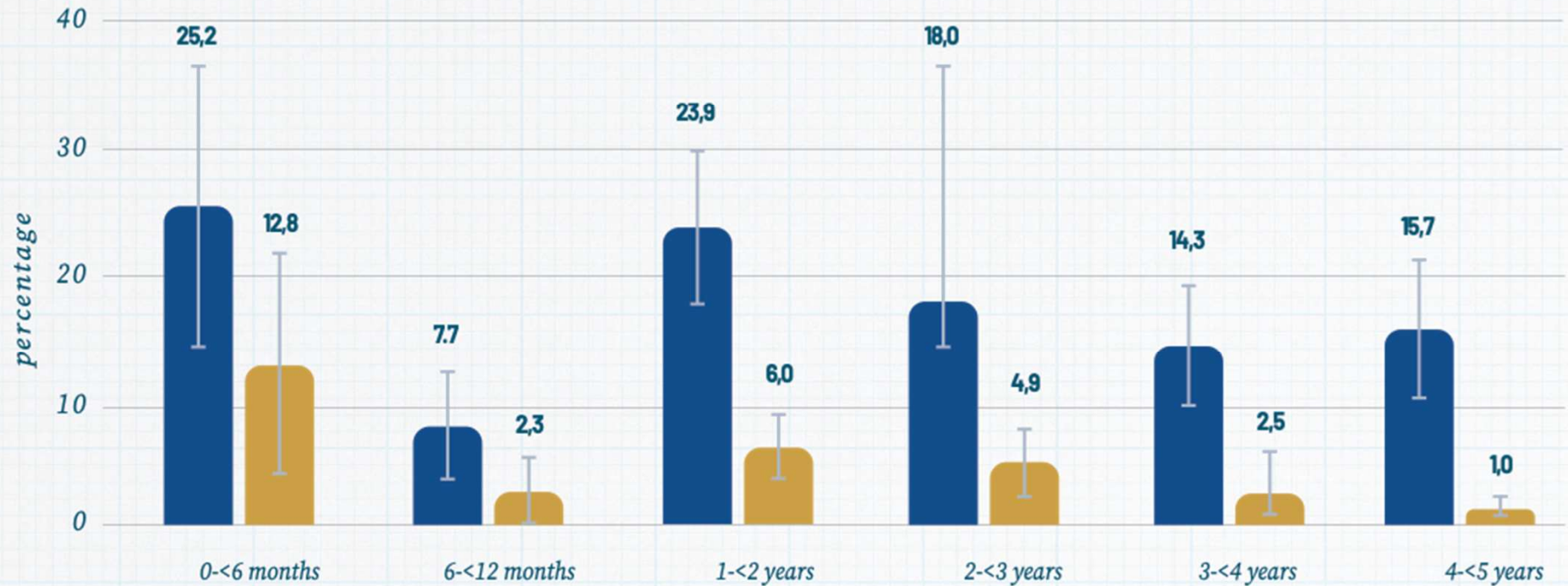
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# Stunting prevalence

Overall prevalence:  
17.5%  
[95% CI 14.8-20.2]



 % HAZ <-2SD  
 % HAZ <-3SD

Medium public health level concern  
category: 10-19%

# Stunting trends

Study	Age groups	Stunting prevalence
2022 Western Cape Stunting Baseline Survey (WCSBS)	<5-year-olds N=1212	17.5%
2016 South African Demographic and Health Survey	<5-years-old N=64	22.9%
2022 Western Cape Stunting Baseline Survey (WCSBS)	1-<5-year-olds N=1018	18.2%
2018 Provincial dietary intake survey: Western Cape	1-<5-year-olds N=301	20.8%





**How can we provide  
vulnerable children  
with nutritious food?**





# Shifting perspectives

## Why food systems?





# Where are the children?

Q Finding at risk children early requires community-level work

- First thousand days of life (conception to 2<sup>nd</sup> birthday) are the optimal window, best return on investment
- Children interact with health system (clinic) only 20 days
- Children under age 2 are best reached at home through Community Health Workers
- Children older than 2, not yet in Grade R are often in Early Learning Programmes  
*(4-5 year olds: 45-55%)*





# Provision of nutrition at ELPs

- **Over 40 000 ELPs in the country**
- **Only 33% receive the subsidy (R17/child/day)**
- 99% provide meal(s) – maximum R6,80 from the subsidy
- Food gardens can supplement “basket”
- Who takes responsibility for planning, growing and harvesting produce?



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Thank you.



# Questions



■ The Oude Molen Food Garden

Kelly Mansfield



Jonno - Oupa







■ Creation of the garden







Kelly joins the garden --  
2015

■ Getting my hands dirty





Over the years I worked with him with the kids in the garden and he taught me so many natural skills and he became like family..

Sadly Oupa passed away in 2019 after a years long illness but I decided that I would make him proud and show everyone the potential of that garden space.









## Documenting the process

































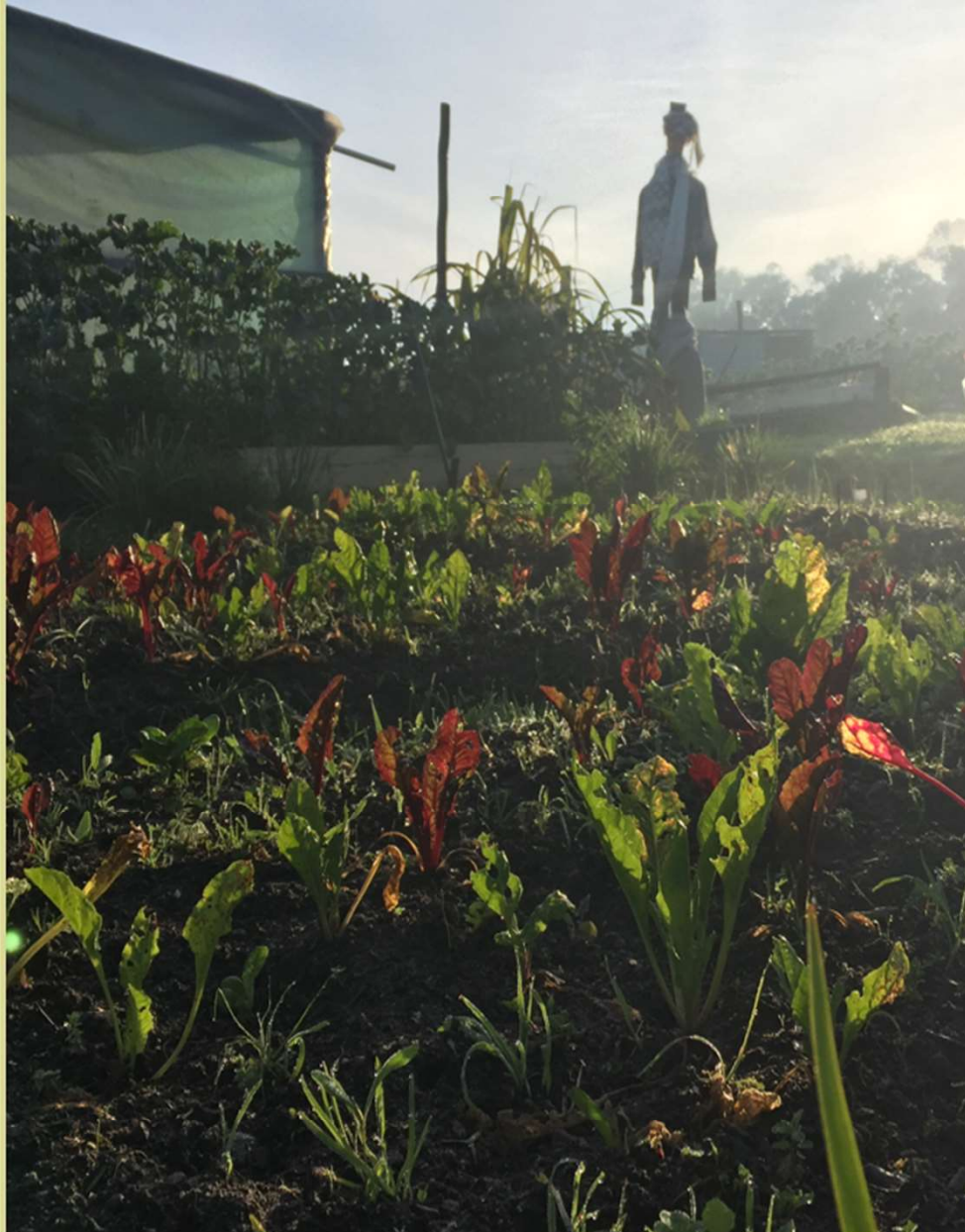






■ Over the Years the garden has transformed into an urban agricultural space where various activities are now being held





## The Garden workings

- Allotment system







# OT – Valkenberg & Open Circle







# Gardening Classes









## Children's Art

- Art in the garden by Annya







## School Community service ,Visits & alternatives to detention







## Courses & Events



Food Garden





# Market Days





## Community collaboration









- The Future
- Going forward





## **KIDS GARDENING IS FUN !!**

To feel fully grounded , children need to connect to the natural world.

While excessive exposure to social media via cell phones has become the norm, the disconnect that children are feeling is increasing and more children are losing a sense of who they are.

Why not be part of the solution? Encourage learning to take part in a garden setting!

In our secure, peaceful garden environment, children will not only learn important life skills, but will have fun at the same time.

I dig it: offers interactive hands-on gardening for the youth of all ages.







Lessons can be built around your curriculum and scaffolded per grade

### What you can expect & more .....

- 01 Composting 101 & The importance of Soil
- 02 Propagation / seedlings
- 03 Eco-bricks and building
- 04 How to plant ( the correct way )
- 05 Seed harvesting & saving ( food security )
- 06 Seed balls
- 06 Recycled Art-worx

### The Oude Molen Food Garden

Situated in the leafy suburb of Pinelands, Oude Molen Eco Village is the perfect setting for children to learn about themselves and the environment.

### What else is on offer

- ♡ Worm farming
- ♡ Honey Bee foundation
- ♡ Horse interactions
- ♡ Walks on the wetlands



### About us

All lessons are given by a qualified teacher in their field.

Kelly is a qualified horticulturist, counsellor & mediator and has a wealth of knowledge within the natural environment.

She has been teaching children's gardening lessons for the past 8 years.





## Pricing

### Individuals

R150 p/p per 2 hour session

### Group bookings

R75 p/p if bookings for  
over 10 people

### School & student bookings

R50 per child for schools only  
(concessions can be made on request)

**Regular school hours apply  
PLUS Saturday's &  
holiday programmes  
can be pre-arranged**

Contact Kelly on  
082 4111160  
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Social Media





## Garden Therapy









