



FREEFOOD KITCHEN

REV♥LUTIONARY YOGA NPC
BUILDING CONSCIOUS COMMUNITIES

ANNUAL REPORT
1 JANUARY - 31 DECEMBER 2022

TABLE OF CONTENTS

GENERAL INFORMATION	3
BOARD OF DIRECTORS & PATRONS	
REVOLUTIONARY YOGA NPC	
BOOTS ON THE GROUND	4-5
CHAIRPERSON'S REPORT	6
CHIEF EXECUTIVE OFFICER REPORT	7
FREE FOOD KITCHEN	8
REPORTING ON FREE FOOD KITCHENS BY AREA	9-10
DIVINE DOGS & CATS	11 - 12
CONTAINER KITCHENS	13
TRINITY ROOTS FOOD GARDENS	14 - 15
COMMUNITY YOGA	16 - 17
SOCIAL MEDIA	18
FUNDRAISER REPORT	18
FUNDERS LIST	19
FINANCIALS	20-21
DONATION LIST	22

GENERAL INFORMATION

BOARD OF DIRECTORS AND PATRONS - REVOLUTIONARY YOGA NPC: EXECUTIVE DIRECTORS



Roseline Nyman
(Chairperson)



Ilana Fintz
(Deputy-Chairperson)



Theresa Mvinjelwa
(Executive Director)



Pamela Harris
(Secretary)



Kristen Morgan
(Treasurer)

NON-EXECUTIVE DIRECTORS:



Melissa Nyman
(Non-Executive Director)



Deidré Baatjes
(Non-Executive Director)



Amanbir Singh
(Non- Executive Director)

PATRONS:



Gurmukh Khalsa



Elena Brower



Patricia Nyman

REVOLUTIONARY YOGA NPC

Registration No:

2017/532743/08

Registered business address:

620 Keerom Chambers, 56 Keerom Street, Cape Town

Banking Details:

REVOLUTIONARY YOGA NPC

FNB: 62738319434

BRANCH CODE: 201709

SWIFT CODE: FIRNZAJJ

Website:

www.freefoodkitchen.com

BOOTS ON THE GROUND

MEET OUR TEAMS



Khayelitsha - Cook
Julia Thandie Maja



Khayelitsha Kitchen Coordinator
Rosie Gwadiso
Rosie has been doing this for the past 30 years



Bokmakierie – Hazendal, Athlone
Daphne Nyman
Daphne loves what she does also our own octogenarian still going strong and her secret is she practices yoga



Bokmakierie – Hazendal, Athlone
Naseeba Peterson
Naseeba is a cancer survivor such an inspiration she's been in remission for 9 years



Heideveld Kitchen
Yasiraah Williams



Smallville Kitchen
Shantell Minnies

BOOTS ON THE GROUND

MEET OUR TEAMS



Hanover Park Kitchen – Hanover Park
Yolanda, Monica, Fillie



Lavender Hill Kitchen- Grassy Park
Sarah, Pumla , Rochelle Dickson, Dorah



Hazeldean Kitchen
Zinhle Jack



Mxenge Kitchen
Xoliswa Tiso

CHAIRPERSON'S REPORT, 2022



During 2022 our focus was on setting up systems and infrastructure to allow us to support our communities safely and securely. To this end, we renovated and beautified the 3 Containers located in Smallville, Hazeldean and Lavender Hill. The containers are used as libraries, to practice yoga and to serve food. We express our sincere appreciation to Mascha who paid for these containers in honour of her daughters. A growing concern was the well-being of the dogs and cats we serve which necessitated exploring how we could expand our services to them. Education and training in communities on how to take care of their pets became a central focus. We wish to express our gratitude to the SPCA and Mdzananda Animal Clinic for their support to rescued animals. During the past year we extended our yoga classes to four of our communities. We could do so because of the availability of yoga teachers who possessed the necessary skills to teach children.

It was heartening to see large groups of children practising yoga on open fields after school. The board explored ways to make our food-gardens income generating. Deliberations took place with experts in the field. We agreed that this project was not easy, given the need to prevent theft from the gardens. This is an ongoing and necessary discussion. We are delighted to announce that Revolutionary Yoga finally received tax exemption status from the South African Revenue Service. We are therefore legally defined as a Public Benefit Organisation. All donors are entitled to receive tax exemption certificates. I conclude with my gratitude to board members for their diligence and authentic participation in serving our communities in need.

Adv Roseline Nyman
Board Chairperson

CHIEF EXECUTIVE OFFICER REPORT

It has been yet another interesting year filled with both accomplishments and setbacks. Nevertheless, we maintained our values and integrity and continued to serve with love and compassion. I am certainly fortunate to be part of the organisation where we are not blaming external factors like “poverty, unemployment etc”, but instead, we cultivate skills and build strong support systems.

Success in our organisation is achieved through working consistently with our kitchens.

I have grown personally and continue to grow. Working with people means I need to consider my thoughts, feelings and how I speak. Only through this work, can I learn to value people’s opinions and to support and recognise the work of our kitchen coordinators

A lot has been done to make our kitchens a place to be and we keep trying to build a service culture that will take challenges with grit and grace.

There have been activities implemented to have smooth operations in our kitchens and also to show appreciation for their excellence so it becomes our new standard.

We invited kitchen coordinators to yoga retreats and this has become a space to reinforce love and care for the ladies. In our gatherings we share opinions, experiences and the aim is to have a behaviour that serves us all.

It has been a pleasure serving and every day we need to re-dedicate ourselves to building and sharing our skills with our communities.

Amongst other things but in 2022 we acknowledge the following

- National Disaster uplifted -5 April 2022 post pandemic we continued to serve nutritious meals to an average of 200 people.
- Received a donation of soya milk, almond milk and juice from Good Hope Beverages Xiao – a heartfelt thank you.
- Received a donation of clothing and essential items from Shangri La Studio – thank you for your generosity.
- We held a brainstorming sessions for potential garden projects in collaboration with VN.
- The introduction of yoga retreat for kitchen coordinators-hosting a retreat and appreciating our superstars
- Obtaining a PBO status
- Received 500 fruit trees from Vitro Plant by Harry Dankwerts- we are deeply thankful for this remarkable contribution to our communities.
- Received a donation for children’s Christmas gift packets – gratitude to Adv Retha Maas for making this possible. Additionally the Kiewiet family for their time toward making parcels for the Bokmakierie kitchen.

I would like to extend a heartfelt note of gratitude to the board members and members of the community as we continue to push beyond the frontiers of our identity and comfort zones to get the work done. Though not often stated, your time and effort doesn’t go unnoticed.

Thank you

Theresa Mvinjelwa
Executive Director

FREE FOOD KITCHEN

We have successfully maintained operations across 8 free food kitchens, with improved coordination and resource management.



- All kitchens are now running smoothly with teams working more effectively, having a clearer understanding of their contribution and the positive impact they have on their communities. This strengthened sense of purpose has been pivotal in the ongoing success of our mission.
- A streamlined system for submitting ingredient lists has also been established, ensuring efficient stock procurement.
- Establishing connections with nearby wholesalers, vegetable vendors

The monthly meeting with coordinators has enhanced communication, ensuring that they feel supported and that challenges are addressed on-site. Quarterly meetings before board meetings were also initiated to ensure clear communication with board members. Focus on the team's well-being was introduced through a yoga retreat, which also facilitated meaningful discussions on kitchen operations.



This wellness initiative allowed team members to rejuvenate and reconnect with their purpose.



REPORTING ON FREE FOOD KITCHENS BY AREA



LAVENDER HILL

Kitchen Coordinator - Rochelle

12-meter Shipping Container Kitchen

Location: 5 St Margaret Street, Rondevlei Lavender Hill.

<https://maps.google.com/?q=-34.066204,18.489973>

This kitchen feeds a minimum of 2 meals per week.



BOKMAKIERIE

Kitchen Coordinators - Naseba Petersen & Daphne Nyman

Location: 39 8th Avenue Bokmakierie, Hazendal.

<https://maps.google.com/?q=-33.954117,18.507399>



SMALLVILLE

Kitchen Coordinator - Shantelle

12-meter Shipping Container Kitchen

Location: Smallville Informal Settlement, Philippi Horticultural Area

<https://maps.google.com/?q=-34.049339,18.535856>



HANOVER PARK

Kitchen Coordinators - Yolanda and Fillie

6-meter Shipping Container Kitchen

Location: 14 Stonehenge Road Hanover Park Fillie's home

<https://maps.google.com/?q=-33.991497,18.529217>

REPORTING ON FREE FOOD KITCHENS BY AREA



HAZELDEAN KITCHEN

Kitchen Coordinator - Zinhle

Location: 98 White Road, Hazeldean, Philippi

<https://maps.google.com/?q=-34.007889,18.566607>



KHAYELITSHA

Kitchen Coordinator - Rosie

Location: 36412 Bindeka street, Makaza, Khayelitsha

<https://maps.google.com/?q=-34.051315,18.698967>



VICTORIA MXENGE

Kitchen Coordinator - Xoliswa

Location: 45 Matolengwe street, Victoria Mxenge

<https://maps.google.com/?q=-34.003368,18.564825>



HEIDEVELD

Kitchen Coordinator - Yasiraah

Location: 42 Towerkop Road, ,Heideveld

<https://maps.google.com/?q=-33.9731003,18.5519516>

DIVINE DOGS & CATS

We have seen a significant increase in the community's commitment to the care of dogs and cats. This trend is primarily driven by the comfort and security derived from knowing that the provision of food and essential supplies for dogs and cats is readily available.

We have faced challenges with aggressive behavior among some dogs, as reported by kitchen coordinators. There have been instances where fights between dogs resulted in fatalities, highlighting the need for greater supervision and preventive measures.



Belgravia Pet Shop has played a crucial role in ensuring smooth and timely deliveries across all kitchens in different areas. Each kitchen has been signing off for the supplies, confirming receipt and accountability. Besides food, Belgravia provides essential items like dips, tick treatments, and leashes, all delivered at no additional cost to the community.



Miss Dorah - Lavender Hills preparing her parcels for dogs and cats



DIVINE DOGS & CATS .../CONT.



As the animal population grows, the need for improved oversight and structured training has become more apparent. We aim to address these challenges and continue offering valuable services to our animal-loving community.

To address these concerns, we introduced a formal register that tracks crucial details.

This initiative aims to improve the tracking and management of the dogs in our community and tone down aggressive behavior incidents.



Each of our kitchens has appointed an “animal lover” responsible for monitoring the well-being of the dogs and cats. These individuals play an essential role in ensuring that the animals are properly fed, healthy, and cared for. However, with the rising number of animals under their care, it has become clear that additional structured training for these individuals is necessary to maintain the level of care required.



We remain committed to ensuring that our initiatives evolve alongside the growing needs of the community, promoting responsible dogs and cats ownership, and improving the overall welfare of the dogs and cats in our community.

CONTAINER KITCHENS

These containers have been made possible through the generous donation. They have been repurposed to serve multiple functions, play an essential role in addressing various community needs, from providing safe spaces to offering educational resources and support services.



- It includes serving as a community cooking space to a team of 5 people at any given time and serves a minimum of 100 people.
- Additionally, it provides storage solutions for essential supplies and a safe environment for individuals seeking refuge from unsafe situations.
- The facility also features spaces dedicated to counseling services, where trained professionals offer support and guidance to community members facing personal challenges.
- Has resources for reading and literacy programs, including a small library that encourages lifelong learning and skill development.



TRINITY ROOTS FOOD GARDENS

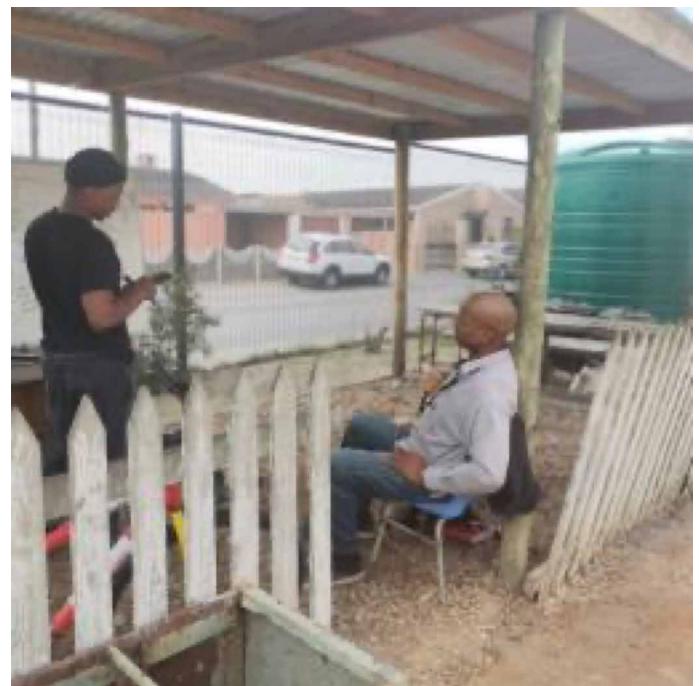


We established a need for further expansions of gardens, along with ongoing maintenance.

Hazeldean's garden successfully supplied leafy greens and carrots, as a result an identified additional space to meet growing demands a plot size of approximately 39 x 36m was earmarked.



Lavender Hill faced one of its most significant challenges: securing the garden space. We identified the critical need for specialized expertise to ensure the garden's safety and sustainability. This proactive approach has laid the groundwork for a robust and resilient garden.



HAZELDEAN GARDEN EXPANSION

The expansion of the Hazeldean garden to a more secure area with complete community involvement highlights a strategy centered around community empowerment. By ensuring that the community is actively involved in the development and security of their resources, the organization fostered a sense of ownership and sustainability in its projects.

In Hanover Park, a site was earmarked for a new food garden. A comprehensive tendering procedure was concluded, a suggested budget of R350,000 was set aside, and we had considerable stakeholder engagement. As a first step toward future development, we are happy to announce that three qualified candidates have already visited the garden locations.

Our dedicated efforts in 2022 have set a solid foundation for the growth and enhancement of our gardens, ensuring they continue to thrive and serve our community effectively.



Harry Dankwerts (with Ilana Fintz) Donor of 500 pomegranate trees from Vitro Plant

COMMUNITY YOGA

Classes ran smoothly throughout and the students demonstrated enthusiasm and interest the awareness of yoga is no longer a foreign but accessible to all. We continuously improve every aspect of our kitchens, striking a balance in raising community understanding of the relationship of yoga with food, food, and yoga practice.

Children and adults who participate in our programs discover yoga, and before they realize it, they are actively improving their mental and physical well-being. An average of 80 children attended our regular street yoga Fridays event. For some yoga will undoubtedly become a way of life.



IN 2022, WE HAVE PROVIDED JUST MORE THAN 150 REGULAR CLASSES OF YOGA IN VARIOUS COMMUNITIES WITH:

- Classes operating as scheduled
- Hazeldean on Wednesdays at 15h30
- Smallville on Fridays at 13h00
- Lavender Hill on Thursdays at 15h00
- Athlone on Wednesdays 18h30 & Saturdays at 9h00



Caritas Building, Athlone- Every Wednesday & Saturday



Langebaan Retreat



Lavender Hill Yoga- Thursdays



Smallville - Yoga Fridays



SOCIAL MEDIA

We share updates regularly and interact with the community in real time through our social media channels, which are the fastest-growing means of doing so. Followers and engagement have increased significantly across all platforms, and this translates to the 20% of our donations that were received via payfast.

A call to all members and directors of RY FFK to follow us and share our posts if appropriate with your friends' co-workers and family:

Instagram: [@freefoodkitchen](https://www.instagram.com/freefoodkitchen) and/or

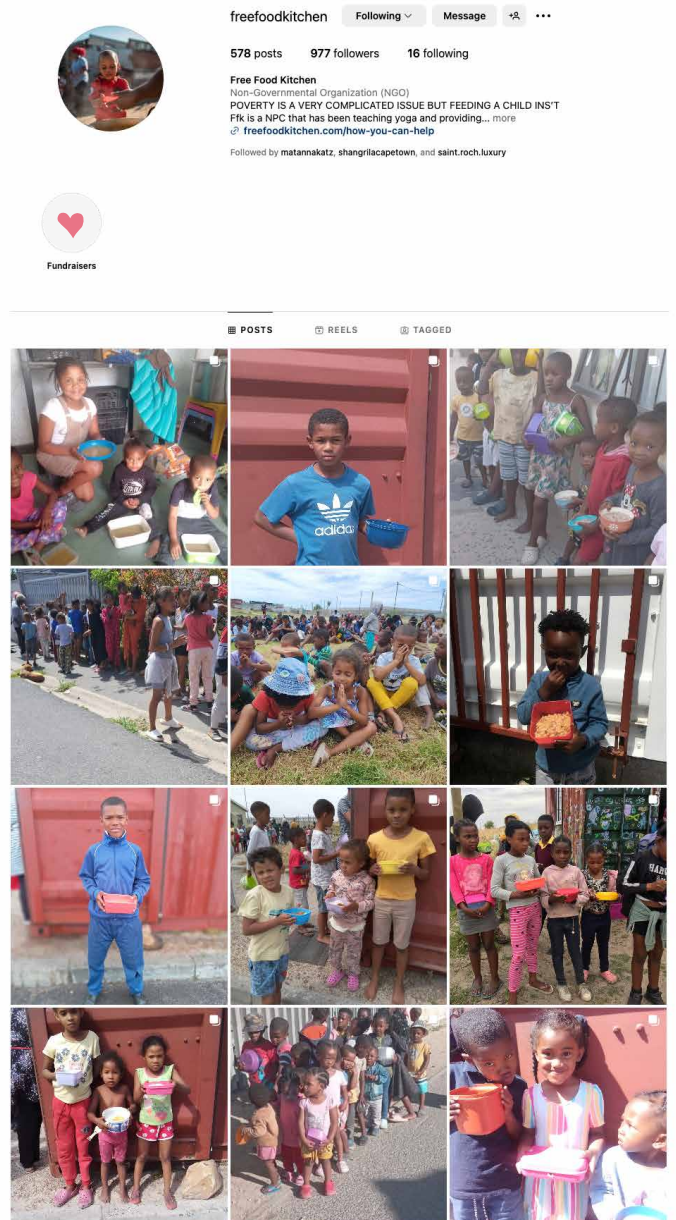
Facebook: <https://www.facebook.com/freefoodkitchen>

FUNDRAISER REPORT

FUNDING

The yoga community is a great source of funding both locally and internationally and we are extremely grateful Gurmukh Khalsa and Elena Brower who have remained dedicated to aligning with our organisation.

Every month, Shangri-La Studio's Ilana Fintz and Anton Casciati teach meditation sound relaxation classes. All proceeds, clothing, books and children's toys directly go to the kitchens.



FUNDERS LIST

We would like to express our heartfelt gratitude to our sponsors, donors, every member of our community for your unwavering support and generosity. Your contributions have made an extraordinary impact, allowing us to continue our mission and reach more lives than ever before.

Whether through your financial support, guidance, or advocacy, you have been integral to our success, and we are deeply thankful for your partnership. Together, we are creating lasting change, and we couldn't do it without you.

A number of contributions were made anonymously, and some names may have been mistakenly omitted. It is our priority to ensure that all donors are properly acknowledged.

Special thanks to our funders for their support:

- Elena Brower
Fredre Ferreira
- Gerteis Dr. Thomas
- Gurmukh Kaur Khalsa
- Mascha Schwarz
- Seva Corporation of Sikh Dharma
- Shangri La Holistic Centre (Gururamdass)

FINANCIAL REPORT

Revolutionary Yoga Non-Profit Company

(Registration number 2017/532743/08)

Financial Report

for the year ended 31 December 2022

Notes

2022
R

2021
R

Purchases **495,097** 500,358

Expenses **310,627** 295,960

Administrative Expenses **48,781** 58,554

Operating Expenses **215,605** 186,400

Program Expenses **46,241** 51,007

Statement of financial position
at 31 December 2022

	2022	2021
<i>Notes</i>	R	R
Assets		
Non-current assets	83,930	106,806
Equipment	83,930	106,806
Current assets	664,608	304,700
Total assets	748,538	411,506
Equity and liabilities		
Equity	748,538	411,506
Retained income	411,506	185,754
Surplus for the year	337,032	225,752
Current liabilities	-	-
Total equity and liabilities	748,538	411,506

DONATION LIST

If your name has been misspelled or is missing from the list below, please do not hesitate to contact us via email info@freefoodkitchen.com to rectify any errors.

Your support is deeply valued, and we are grateful for your contribution. This list below is for the period 1 January 2022 to 31 December 2022.

LIST OF DONORS

A T Kriel	Felix Hustedt	Melisande Roche
Alicia O'Connell	Frankie Leigh	Michael & Ulrike
Amity Howard Reiss	Fredre Ferreira	Michaela Laversova
Anistina Laboy	Gabriela Chiper	Natalia Arkhipova
Anke Müller-Pühl	Good Hope Beverages	Natalia Khanina
Annie Kuehlhorn	Grace dela Cruz Kitchens	Nicki Forman
Antoinette Leis	Grace Eden Young	Nicole Steinwedell
Anton Casciati	Gurmukh Kaur Khalsa	Nirvair Khalsa
Appolinaria Khvalina	Hannah Dean	Regine Mascha Schwartz
Ashleigh Abramovici	Heike & Jens Meyer	Retha Maas
Ashraf Kagee	Iamavdeeva	Robyne Cooke
Astridleroux	Igor Khvalin	Roseline Nyman
Avdeeva Tatiana	Ilana Fintz	Sam Mills
Bevin le Roux	Investecpbsusan Nicol	Sandi Nye
Caitlin Tyner	Janet Papis	Sandra Röseler
Capitec AGC	Janis Heier	Sarah Amrein
Carla Duren	Jason Pead	Sarah Jonsson
Clarke Thorell	Jenn Begin	Sebastian Maurus
Cornelia van den Houdt	Joann Shortt	Seema Ranchhoojee
Daniela Parizkova	Joanna Schwartz	Seva Corporation of Sikh Dharma
Daria Chamkina	Jonathan Wolfshout	Shangri La Holistic Centre (Guru-ramdas)
Darren Thebus	Judith Moloney	Shannon Duran
Debbie Arnold	Julie Schuck	Sharon Fichman
Deidre Baatjes	Kareen Otte	Smith Banfield
Dennis Ameling	Katherine Llanos Arias	Sopurkh Khalsa
Desiree Jordan	Keah Bews	Soraya Solomon
Diane Goodman	Kiewiet Family	Stella and Sandra
Diane Osgood	Kirpaljot Singh	Stuart Sender
Domelia Kiewiet	Liesl Viljoen	Susan Cleary
Donation (Anonymous)	Lisa Parenteau	Susan Wahlen
Dr Thomas Gerteis	Mara Raskin	Thank You
Elena Brower	Marcell Olsen	Tina Jokisch
Ellen Agler	Margaret Linstrom	Tuuli (Nam Rajpriti) Saarela
Erica Black	Marie McGlashan	Viviana Laruffa
Ester Barinaga	Marion harmer	Xiao Yu
Fariba Darabi	Mary Ryan	Yas Knegt
Fayne Loya	Mary Werner	Yashna singh

FREEFOOD KITCHEN

REV♥LUTIONARY YOGA NPO