



FREEFOOD KITCHEN

REV♥OLUTIONARY YOGA NPC
BUILDING CONSCIOUS COMMUNITIES

ANNUAL REPORT
1 JANUARY - 31 DECEMBER 2023

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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)



Ronit Chamani
(Deputy Secretary)

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

FEET ON THE GROUND

MEET OUR TEAM OF COMMUNITY VOLUNTEERS



Daphne Nyman
our most senior volunteer and cook



Zinhle Jack
Hazeldean Kitchen Co-ordinator



Xoliswa Tiso
Mxenge Kitchen Co-ordinator



Julia Thandie Maja
Khayelitsha Cook



Antoinette McKay
Hanover Park Cook



Shantelle Minnies
Smallville Kitchen Coordinator

FEET ON THE GROUND

MEET OUR TEAM OF COMMUNITY VOLUNTEERS



Fikiswa Rosie Gwadiso
Khayelitsha Co-ordinator



Naseeba Peterson
Bokmakierie Co-ordinator



Rochelle Dickson, Sarah, Pumla & Dorah
Rondevlei Lavender Hill Kitchen Co-ordinator
and Cooks



Yasiraah Williams
Heideveld Kitchen Co-ordinator



Devina Minnies
Smallville Kitchen Cook



Yolanda, Monica, Fillie
Hanover Park Kitchen Co-ordinator
and Cooks

CHAIRPERSON'S REPORT, 2023



Gratitude is what we feel for the opportunity to serve our most vulnerable communities in assisting them to fulfill their most basic needs: food and wellness. We could do so during 2023 because of the continued generosity of our donors who are predominantly based in the yoga community. We thank you. We are delighted to report that our service of food to the seven communities, their dogs and cats has been on a growing trajectory.

Thousands of humans and hundreds of dogs and cats have eaten the food cooked and served by our cooks every week for a full year, without interruption. In doing so, they have proven to be reliable and dedicated. We thank them. The board expressed its gratitude to the cooks by hosting them at yoga retreats every season, in Langebaan. They relaxed, practiced yoga and meditation and ate delicious food - this was our opportunity to serve them. It is with excitement that we announce the appointment of a qualified Social Worker who provides emotional care and practical assistance with issues such as obtaining maintenance grants.

We want to emphasize that due to our feeding of our dogs and cats, we have noticed a visible change in the level of care by their owners.

The photos show a closer and more loving bond developing between humans and animals. We hope that we can expand our services to healing dogs in distress in the future. Our Food Garden in Hazeldean has been a resounding success. The pictures speak for themselves. Organic vegetables were delivered to the other kitchens from this garden. The libraries in our containers are used mostly by children and serves as a safe and secure care facility.

We are most delighted. Finally, our appreciation to ourselves, the board members, and Theresa Mvinjelwa, our Executive Director for her resilience and consistency. We thank you.

Adv Roseline Nyman
Board Chairperson

EXECUTIVE DIRECTOR'S REPORT

The poor socio-economic conditions in South Africa result in millions of people finding themselves in unimaginably difficult situations. Being able to assist in alleviating the pain and suffering caused by chronic poverty, instead of being a passive observer, gives me joy in my heart. Although blame can be apportioned and we can explain why people do not have access to food, everyone must eat in order to live.

Our organization has dedicated itself to serving vulnerable communities by consistently providing free meals to humans, dogs and cats; creating and maintaining community gardens, and wellness programs. Throughout 2023, we have strived to enhance these services by creating and nurturing partnerships, improving communications and investing in community development.

Our approach centres on sustainability, community involvement, and holistic well-being while recognizing that true change begins from within and is nurtured through collective effort and compassion.

We have successfully expanded our reach and enhanced our programs across our 8 kitchens despite facing numerous challenges such as escalating food costs, adverse weather conditions, and safety concerns. Our commitment to serving with love and fostering community involvement has remained unwavering.

KEY ACHIEVEMENTS INCLUDE:

- **Food Kitchens:** Continued operation across multiple communities with increased food supply, accommodating a growing number of beneficiaries and ensuring consistent, nutritious meals.
- **Food Gardens:** Successful establishment and maintenance of the Hazeldean community garden, promoting food security and providing livelihood opportunities.
- **Animal Welfare:** Initiatives to improve animal well-being through feeding programs and attempts to collaborate with veterinary services for vaccinations and treatments.
- **Yoga and Wellness Programs:** Ongoing yoga sessions in Lavender Hill, Hazeldean and Athlone communities, contributing to physical and mental well-being, along with the appointment of a dedicated social worker to provide psychosocial support.
- **Infrastructure Improvements:** Maintenance and refurbishment of operational containers used for kitchen and library services, enhancing service delivery and community engagement.
- **Community Engagement:** Hosting retreats, training sessions to empower coordinators, cooks and gardeners, fostering a sense of unity and purpose.

EVENTS:

- **Coordinator Retreat:** Organized a successful retreat bringing together all kitchen coordinators, facilitating strategic discussions, problem-solving, and team building.
- **Cooks' Lunches:** Initiated bi-monthly lunches for cooks, providing platforms for connection, appreciation, and collaborative dialogue on operational improvements.
- **Prana Love Yoga Event:** Participated in a charity yoga session that garnered substantial support and donations, showcasing the power of community collaboration.
- **Meraki Wellness Event:** Participated in a wellness workshop

EXECUTIVE DIRECTOR'S REPORT

APPOINTMENTS

- **New Member:** Extended a warm welcome to Ronit Chamani, who joined the organization and contributed time and enthusiasm towards advancing our mission.
- **Keratiloe:** For joining as our social champion and contributing significantly to community support and development.

CHALLENGES

Operational Challenges

- **Increased Demand:** Rising food costs and adverse weather conditions led to higher numbers of people seeking assistance from food, to obtaining Identity Documents , necessitating increased supply allocation and the need to engage other stakeholders.
- **Safety Concerns:** Criminal activities and gang-related violence posed risks to the kitchens and hindered some program operations, prompting adaptive scheduling and heightened caution.
- **Infrastructure Damage:** Natural disasters such as storms caused unexpected damages to facilities, requiring prompt repairs and contingency planning.
- **Resource Constraints:** Limited financial and material resources keep us from going full on but not limited to the expansion and consistent delivery of services across our programs.

Strategic Responses

- **Resource Optimization:** Implemented efficient procurement and resource management systems to maximize impact within available means.
- **Community Partnerships:** Sought collaborations with local organizations Entabeni Trade Skills in Philippi, Mdzananda Animal Clinic- Khayelitsha , Philisa Abafazi Bethu-Lavender Hill and stakeholders to strengthen support and share responsibilities in addressing community needs.
- **Program Adaptation:** Adjusted program schedules and modalities in response to environmental and safety challenges, ensuring continuity and relevance of services.
- **Advocacy and Awareness:** Increased efforts in advocacy and awareness campaigns to draw attention to critical issues and attract additional support and funding.

Theresa Mvinjelwa
Executive Director

FREE FOOD KITCHENS

Our food kitchens have remained the basis of our service, operating consistently across various communities to provide nutritious meals to those in need. We have seen a significant increase in demand, attributed to rising food costs and challenging weather conditions impacting livelihoods.

KEY ACHIEVEMENTS

- All 7 kitchens operated effectively throughout the year, including during challenging weather conditions.
- Authorized an increase in ingredient supply to accommodate the growing number of beneficiaries.
- Encouraged participation from community members in kitchen activities, promoting the principles of sharing and caring.
- Successfully conducted a retreat bringing together all kitchen coordinators to discuss operational strategies, share experiences, and collaboratively address challenges.
- Initiated regular lunches for cooks to foster solidarity, share experiences, and discuss improvements in a relaxed setting.
- Explored solutions to provide reliable internet access across kitchens for improved communication.
- Regular retreats and meetings have been instrumental in fostering unity, sharing insights, and strategizing for improved serving.



HIGHLIGHTS AND PROJECTS FOR THE YEAR

February - June 2023

- Secured an additional garden - Hazeldean. For a successful launch we regularly had a team of 8 -10 members, 20 children participated in cleaning, design, and planting activities.
- Established partnerships with the Philisa Abafazi Project in Lavender Hill and Entabeni Skills in Philippi.
- Kitchen coordinators held their first retreat in February 2023
- Delivered organic compost and fertilizers; fixed pipes for running water.
- Involvement of Heideveld Kitchens coordinators on the initiative of the additional Hazeldean garden and collaboration with Clifford Caesar from Pelican Park High School Agricultural Management Practice to empower and train gardeners every second Saturday of the month.
- Launched the refurbished container Lavender Hill
- Planted donated lemon and avocado trees, provided by Cornelius and Cliff Nyarudya from Zimbabwe.

FREE FOOD KITCHENS / CONT....

HIGHLIGHTS AND PROJECTS FOR THE YEAR

July - December 2023

- Reading classes in Lavender Hill resumed
- Received donations of food, clothing from Debbie from Meraki Wellness Cape Town
- Received donation from Yoga Studio Venus for a Yoga Day event.
- Continued regular weeding and preparing the soil in the Hazeldean garden and keep promoting the joy of growing and harvesting your own food.
- A local pastor erected a new structure for the Smallville community. The Smallville community is grateful for the donation, and the garden is still flourishing.
- Celebrated a successful harvesting season
- Received generous donations from ShangriLa Studio, Ilana Fintz and Anton Casciati, including books, clothing, and other supplies.
- Ma Daphne's new structure for cooking in Bokmakierie has been built successfully.
- We continue sharing the harvest with other kitchens for cooking
- Grateful for Adv Raja SC discounted fruit cake donations for all kitchens and Adv R Nyman SC for the additional cakes donated.
- Assisted community members in obtaining identification



Generous donation by Meraki Wellness CPT

ACKNOWLEDGMENTS

Special thanks to all Revolutionary Yoga sponsors and patrons for their generosity and support throughout the year.

DIVINE DOGS & CATS

Our commitment to animal wellbeing has continued through structured feeding programs across our kitchen communities, ensuring that dogs and cats receive necessary nourishment alongside humans.



KEY ACTIVITIES

- Maintained regular distribution of animal food in conjunction with human meals, observing noticeable improvements in dogs health and community attitudes towards animals.
- Distributed feeding buckets from SPCA Grassy Park ,educational materials dips, leashes and collars and on animal care, enhancing awareness and responsible animal ownership.
- Established a system to keep detailed records of dogs and cats within the communities, aiding in monitoring and future welfare initiatives.

COLLABORATIVE EFFORTS

- **SPCA Engagement:** Engaged with SPCA Grassy Park for educational programs and outreach initiatives focused on animal care, vaccination, and sterilization drives.
- **Prana Love by Michael O' Rourke** - hosted an event so to donate animal essentials, kids needs and food for those who are less fortunate

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.

TRINITY ROOTS FOOD GARDENS



HAZELDEAN COMMUNITY GARDEN

The establishment of the Hazeldean community garden stands as a significant achievement for the organization in promoting food security and sustainable livelihoods.



KEY DEVELOPMENTS

- Secured a 39 x 36 m plot approved during the Hazeldean community's 2022 AGM for the development of the food garden.
- Garnered robust support and volunteer participation from community members, with a dedicated team working 3-6 hours daily, five times a week.
- Utilized a donation from ANC Gaby Shapiro to procure essential gardening tools and received seedling contributions from community members.
- Engaged our youth and children in the garden, providing them with opportunities to contribute through agriculture.
- Educated the community on the importance of rainwater.

TRINITY ROOTS FOOD GARDENS



COLLABORATIVE EFFORTS

- **Entabeni Trade Skills** – assisting the Hazeldean community with seedlings and sharing vocational skills with the community in the neighborhood of Philippi.



CONTAINER KITCHENS

CONTAINER UTILIZATION AND MAINTENANCE

Containers have played an essential role in housing our kitchens and libraries, serving as critical infrastructure for service delivery.

KEY ACTIVITIES

- Successfully completed and launched a refurbished container on the 3rd June 2023, enhancing operational efficiency and community engagement.
- Addressed unexpected damages caused by storms, and prompt action to restore functionality without service disruption.

RESOURCE ENHANCEMENTS

- Initiated procurement of fire extinguishers for all kitchens, ensuring safety and compliance with necessary regulations.
- Approved the provision of backup gas tanks for kitchens to prevent operational interruptions.
- Explored solutions for reliable internet access across kitchens, including the installation of Wi-Fi



COMMUNITY YOGA

PROGRAM IMPLEMENTATION

Our yoga and wellness programs aim to promote physical and mental health within the communities we serve, offering a holistic approach to well-being.



KEY ACTIVITIES

- Conducted consistent yoga classes in Athlone, Hazeldean, and Smallville, with dedicated instructors Zizopho Mfeketo, Courtney Williamson, Melissa Nyman, Theresa Mvinjelwa.
- Participated in charity yoga sessions organized by Prana Love, Meraki Wellness CPT, resulting in substantial donations of dog food and household essentials.
- Focused on involving children and youth like Mikuso Sangqu in yoga practices, promoting mindfulness, discipline, and healthy lifestyles.
- Adjusted programs in response to community safety concerns and adverse conditions such as postponing sessions in various areas due to gang-related activities and adverse weather conditions.



SOCIAL WORK AND COMMUNITY SUPPORT

APPOINTMENT OF SOCIAL CHAMPION

In recognition of the diverse social challenges faced within our communities, we appointed **Keratiloë Guga** as our dedicated social champion in November 2023.

ROLES AND RESPONSIBILITIES

- **Psycho-Social Support:** Provided individual and group counseling sessions to kitchen cooks and community members, addressing various personal and social issues.
- **Case Identification and Intervention:** Collaborated with cooks to identify critical community cases requiring intervention and coordinated with relevant departments (Home affairs for Identity Documents)for appropriate action.
- **Training and Education:** Planned training sessions focused on self-care, burnout prevention, and effective referral processes for community cases.
- **Community Network Building:** Aimed to expand and strengthen community networks through educational campaigns and stakeholder engagement.

OUTCOMES

- **Successfully visited and provided support to all kitchens**, conducting sessions despite challenges with scheduling and privacy.
- **Noted significant issues** such as high rates of un-enrolled and substance-abusing children, underutilization of community libraries, and extreme poverty conditions affecting basic hygiene and well-being.

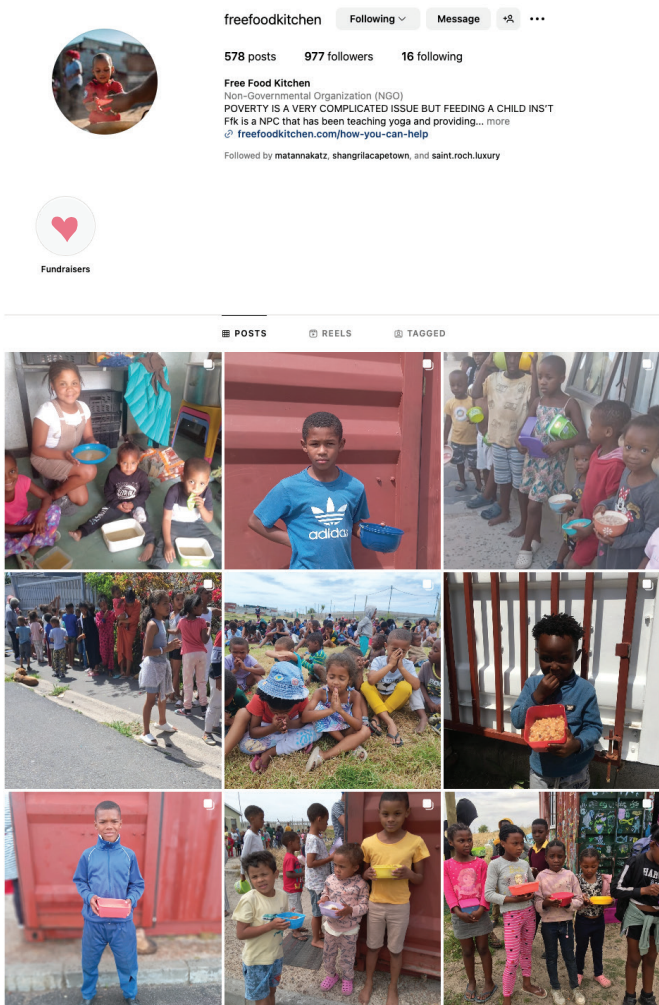
SOCIAL MEDIA

Our organization is sharing updates and interacting with the community in real time through our social media channels, which are the fastest-growing means of doing so.

We've seen significant growth in followers 982 to be exact we don't use any advertising tools all followers are organic and a lot of them are donors.

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

Our primary sources of financing, both locally and internationally, come from the yoga community. Our board members and patrons continue to play a major role in our fundraising efforts.

Elena Brower and Gurmukh Kaur Khalsa have stayed dedicated to supporting us through their online fundraising activities, which have earned more money and increased the number of frequent contributions.

We extend our deepest gratitude to all board members, donors, coordinators, cooks, volunteers, gardeners and community members whose dedication and contributions have been invaluable to our mission. Special thanks to:

- **Shangri La** monthly sound relaxation meditation classes are being offered by Ilana Fintz and Anton Casciati from Shangri-La Studio; all donations, including cash, clothing and books go directly toward the kitchens.
- **Adv R Jaga SC:** For the generous donation of discounted 60 Christmas Fruit cakes, bringing joy and sustenance during the holiday season.
- **Adv R Nyman SC:** For the generous donation for the additional Christmas Fruit cakes.
- **Prana Love:** For organizing and hosting charity yoga sessions benefiting our programs.
- **Meraki Wellness CPT:** For organizing and hosting wellness programs benefiting our cause, clothes were donated and food supplies.

FINANCIAL REPORT

Revolutionary Yoga Non-Profit Company

(Registration number 2017/532743/08)

Financial Report

for the year ended 31 December 2023

	Notes	2023 R	2022 R
Purchases		517,515	495,097
<hr/>			
<u>Operating Expenses</u>		564,395	310,627
Administrative Expenses		73,857	48,781
Operating Expenses		388,202	215,605
Program Costs		102,338	46,241

Statement of financial position
at 31 December 2023

	2023	2022
<i>Notes</i>	R	R
Assets		
Non-current assets	70,073	83,930
Equipment	70,073	83,930
Current assets	1,852,977	664,608
Total assets	1,923,049	748,538
Equity and liabilities		
Equity	2,008,131	748,538
Retained income	748,538	411,506
Surplus for the year	1,174,511	337,032
Current liabilities	-	-
Total equity and liabilities	1,923,049	748,538

FUNDERS LIST

LIST OF FUNDERS

Special thanks to our funders for their support:

- Anton Casciati
- Elena Brower
- Fredre Ferreira
- Gurmukh Kaur Khalsa
- Ilana Fintz
- Mascha Schwarz
- Seva Corporation of Sikh Dhar
- Shangri-La Holistic Centre (Gururamdas)

DONATION LIST

We would like to thank 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. 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 2023 to 31 December 2023

LIST OF DONORS

Alicia O'Connell
Amity Howard Reiss
Anistina Laboy
Anke MÃ¼ller-PÃ¼hl
Annie Kuehlhorn
Antoinette Leis
Anton Casciati
Appolinaria Khvalina
Ashleigh Abramovici
Astridleroux
Avdeeva Tatiana
Bevin le Roux
Caitlin Tyner
Carla Duren
Clarke Thorell
Cornelia van den Houdt
Deidre Baatjes
Domelia Kiewiet
Daniela Parizkova
Donation (Anonymous)
Daria Chamkina
Debbie Arnold
Desiree Jordan
Diane Goodman
Dr. Thomas Gerteis
Ellen Agler
Erica Black
Fariba Darabi
Fayne Loya

Felix Hustedt
Frankie Leigh
Gabriela Chiper
Good Hope Beverages
Grace dela Cruz Kitchens
Grace Eden Young
Gurmukh Kaur Khalsa
Hannah Dean
Heike & Jens Meyer
Iamavdeeva
Igor Khvalin
Ilana Fintz
Janet Papis
Janis Heier
Jason Pead
Jenn Begin
Joann Shortt
Joanna Schwartz
Jonathan Wolfshout
Judith moloney
Julie Schuck
Kareen Otte
Keah Bews
Kirpaljot Singh
Kremena Yordanova
Lisa Parenteau
Mara Raskin
Marion harmer
Mary Werner
Melisande Roche

Michaela Laversova
Michael O'Rourke
Natalia Arkhipova
Natalia Khanina
Nicki Forman
Nicole Steinwedell
Retha Maas
Roseline Nyman
Robyne Cooke
Sam Mills
Sandra RÃ¼seler
Sarah Amrein
Sarah Jonsson
Sebastian Maurus
Seema Ranchhoojee
Shangri La Studio
Shannon Duran
Sharon Fichman
Smith Banfield
Sopurkh Khalsa
Susan Cleary
Tina Jokisch
Tuuli (Nam Rajpriti) Saarela
Viviana Laruffa
Xiao Yu
Yas Knegt
Yashna Singh

FREEFOOD KITCHEN

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