



FREEFOOD KITCHEN

REV♥LUTIONARY YOGA NPC
BUILDING CONSCIOUS COMMUNITIES

ANNUAL REPORT
1 JANUARY - 31 DECEMBER 2024

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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)



Kristen Morgan
(Treasurer)



Ronit Chamani
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



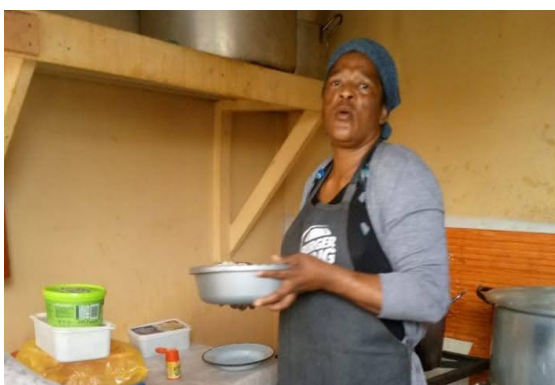
Zinhle Jack
Hazeldean Kitchen Co-ordinator



Xoliswa Tiso
Kitchen Co-ordinator



Shantelle Minnies
Smallville Kitchen Coordinator



Julia Maja
Khayelitsha Cook



Rosie Gwadiso
Khayelitsha Co-ordinator

FEET ON THE GROUND

MEET OUR TEAM OF COMMUNITY VOLUNTEERS



Pumla Smit
Lavender Hill Kitchen



Naseeba Peterson
Bokmakierie Co-ordinator



Dorah Korah, Leon Martins
Rondevlei Lavender Hill Kitchen Co-ordinator
and Cooks



Phakama Makeleni
Hazeldean Cook



Rochelle Dickson
Rondevlei Co-ordinator



Chuma Gwangqa
Kitchen Garden Co-ordinator

BOARD CHAIRPERSON'S REPORT



When giving, we accept the comfort of being able to play a role in minimizing another's suffering caused by hunger. We also know that our giving does not solve the systemic causes of hunger. This awareness creates discomfort. We recognize that for millions of South Africans, life is mostly filled with pain and suffering, much of which is because our basic material needs are not being met.

Life in a Capitalist society driven by the relentless pursuit of profit at all costs, compels the state to play a primary role in providing social security to the millions of unemployed people who are unable to generate an income in the formal and informal sectors. As we evaluate the role that we have played during 2024 in feeding thousands of people and hundreds of dogs and cats in our communities, we are confident that we served to the best of our abilities.

We remain committed to contribute to building conscious communities through the provision of food, food gardens, yoga, healing therapies, reading and playing games in our containers. In keeping with our expanding vision of the communities we imagine, we are taking special care of teenage mothers as the most vulnerable members of our communities.

We introduced baby hampers and counseling to these school-going youth. Our social worker provided assistance in accessing grants and identity documents. We remain grateful to all of you who supported us throughout the year with funding and donations of food, books, and games.

Adv Roseline Nyman
Board Chairperson

EXECUTIVE DIRECTOR'S REPORT

Sharing our progress and accomplishments with you fills me with great pride as we move through important turning points and changes. Also very happy to showcase our advancements and honor the hard work and dedication of our team.

Regardless of political affiliations, we continue to serve every person, dogs and cats with dignity, respect and compassion. Our commitment remains steadfast, as we believe that access to necessities should rise above any divide. We continue nurturing a spirit of cooperation, understanding anyone and anytime during these trying times.

In our pursuit of serving the under served we are forging various initiatives and partnerships to uplift the most vulnerable members. From literacy programs to vocational training, we are equipping individuals with the tools and knowledge necessary to break free from the cycle of poverty. Together, we continue to foster an environment where serving more than just a meal serves as a beacon of hope, igniting the flames of possibility and potential within each of us.

The love and dedication demonstrated by our Board Members reflect the profound influence of yoga as a path to self-discovery. United by our shared journey through yoga, we embrace selfless service, performing our duties with compassion for the benefit of the others, free from attachment to the outcomes. This practice strengthens our collective growth and deepens our understanding of the truth within and beyond ourselves.

One of our biggest successes this year was the recognition of our Chairperson Adv Roseline Nyman SC with the highest accolade possible who has attained the prominent silk status. Her accomplishment is a testimonial to the transformational power of education and that she deserves it. Attaining the highest echelons of legal recognition not only is remarkable but highlights her dedication to anything and commitment to social justice she serves as an inspiration to us all.

We extend our deepest gratitude to all those we serve, our dedicated kitchen coordinators, and every individual who contributes to our mission—especially our Board Members, whose commitment and generosity make our work easy.



FREE FOOD KITCHENS

Our kitchen coordinators have ensured smooth operations, maintaining high standards of service. Rising economic hardships have led to longer queues, reflecting the growing need for our services. In our busiest kitchens 300 meals were served at any given time.

We prioritized sustaining and improving existing 6 kitchens over expansion, ensuring long term impact in these communities.

Legumes are the primary ingredients used in our kitchens to cook meals; these dry ingredients are sourced from nearby wholesalers:

COMMUNITY WINS FOR THE YEAR 2024

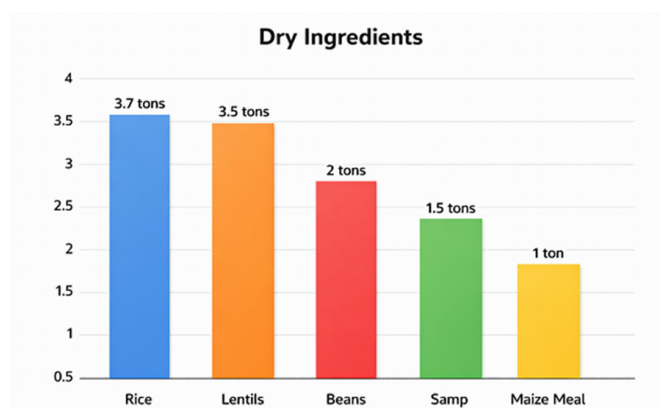
Good Hope Beverages donated 84 boxes of almond milk and fruit juice, adding wholesome variety to daily meals.

Nakhlistan NPO contributed 200 loaves of bread, 40 soup mix, 5kg salt, 20kg carrots and 20kg meaty bones for a pots of soup, 1600g peanut butter, 3600g jam, and 1kg halaal polony to Bokmakierie, directly strengthening food security in the area and partnership.

The Easter drive brought joy to children, with 1,000 eggs distributed across kitchens.

I & J, through the Trauma Centre in Woodstock and coordinated by the social worker, donated 500 kg of hake protein that enriched our kitchens.

Ronit and anonymous donors donated various items and tools that supported both operations and community projects



149 residents of Browns Farm's Informal Settlement Ramaphosa that are also our beneficiaries were affected by flooding and fire, but SASSA, the City of Cape Town, intervened.

ShangriLa Studio, ILana, and Anton continue to improve the welfare and education by collecting on behalf of the organization supplies, games, books and clothing enriching both educational and well.

Babylonstoren visit, where coordinators and cooks experienced the journey of food from garden to plate. This exposure was refreshing and inspiring, offering new perspectives to bring back to the communities they serve.

Christmas was marked by a donation of pre loved clothing for toddler girls and teenage boys, organized by the social worker and distributed across kitchens.

These gifts brought dignity and joy to families during the festive season.

In keeping with festive tradition, 60 fruit cake were purchased and shared with all kitchens, while Rondevlei Lavender Hill and Bokmakierie contributed Christmas 600 packets for children, ensuring a warm and celebratory close to the year.

FREE FOOD KITCHENS / CONT....



Donation of books



Donation of milk

ACKNOWLEDGMENTS

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



Christmas gifts at Smallville



Happy Faces

DIVINE DOGS & CATS

While challenges such as spaying resistance remain, our collaborative approach ensures animal welfare continues to grow stronger and more sustainable.

- Distributed 5,000 kg dog and 2,000 kg cat food.
- 45 Leashes and collars
- Dips for ticks and fleas

SPA DAYS

In two of our kitchens, we have been consistent with owners taking care of their dogs during the first week of each month, when we promote ***"Days for Dogs."*** These sessions have been instrumental in enhancing the ties that bind owners and their dogs, creating moments of connection and care.



While our Pampering Days focus on the joyful connection with dogs, our work with cats addresses a critical community need: public health and safety. As some of the owners have told us, their cats are dedicated and highly effective pest control specialists, acting as a natural and sustainable barrier against the persistent issue of rodents in the community.



LAVENDER HILL CAMPAIGN

13 dog owners reported their successful spaying and treatment received from event held at Levana Primary School hosted by all partners in providing essential services and raising awareness about responsible animal care.



BOKMAKIERIE

In partnership with other non-profits, we carried out rescues and successfully spayed 10 dogs in Bokmakierie, with additional unconfirmed numbers in Smallville performed by Animal Welfare who is well looking after that area through the outreach programme.

CONTAINER KITCHENS

CONTAINER UTILIZATION AND MAINTENANCE

Containers remained fully operational, with 2 serving as reliable community hubs, kitchens, 2 library and counseling throughout the year, ensuring dignity and stability and one serves as a storage for the garden tools.

They have grown beyond their original purpose, becoming welcoming spaces that embody consistency and care. Here, fundamental necessities are satisfied and hope is rekindled for both volunteers and beneficiaries.

The Bokmakierie kitchen was refurbished so to be a dedicated cooking space for Ma Daphne.

This space also serves as a consultation venue for the social worker.

Thanks to donated just over 20 board games, books and relevant items, the containers are welcoming spaces for many where children are learning and playing while awaiting meals.

They have gained popularity as places that restore hope and dignity, particularly in Hazeldean and Lavender Hill, with outstanding results in volunteer involvement, consistent service delivery, and sustained participation.



TRINITY ROOTS FOOD GARDENS

HAZELDEAN COMMUNITY GARDEN

In the region of 3,600 vegetable plugs were planted, including eggplants, cabbage, carrots, tomatoes, and leafy vegetables, with just over 1000kg successful harvest subsequently achieved.



Gardens were maintained by repairing irrigation pipes to guarantee a steady supply of running water, delivered two cubic truckloads of organic compost and fertilizer at least prior to each planting season, and repaired fencing with 100m barbed wire on the north side .

With the help of 11 kids and pupils as our regular support on weekends continued regular weeding and soil preparation in the Hazeldean garden, promoting the joy of growing and harvesting one's own food.

A successful harvesting season was celebrated and the harvest was shared with the rest of our kitchens for cooking.



Inspired by the cook's "garden to plate" attitude, gardeners also visited Babylon which coincided with celebration of National Garden Day.



COMMUNITY YOGA

KEY ACTIVITIES

- We have regular yoga classes in Athlone Wednesdays, Hazeldean Fridays , Lavender Hill Thursdays and Smallville Friday, with dedicated instructors.



- On the 11th October 2024 Mental Health Awareness was celebrated through a dedicated yoga practice, emphasizing the vital role that yoga plays in supporting mental well-being



- On the 25th May 2024, Theresa Mvinjelwa from Revolutionary Yoga was among the yoga teachers who led a group session. Students from Revolutionary Yoga were invited to a Meraki Wellness gathering at Greenpoint Park. Debbie from Meraki Wellness Cape Town generously donated food and clothing to Free Food Kitchen.
- A Shakti Festival in Stellenbosch was attended for purposes of spiritual enrichment and to keep up with the yoga community



SOCIAL WORK AND COMMUNITY SUPPORT

Supported teen mothers with 19.2 kg supply of baby food and formula (ongoing initiative).

The Entabeni Skills Program is a continuous cooperation in which we exchange ideas and best practices with this neighbouring organisation, we get all excess seedlings in exchange for food for their after school children.

With them a one-day concert was held for about 150 children, featuring drama, indigenous games, art, and dance. The event was attended by the broader Browns Farm Philippi community and served as a platform for showcasing local talent.

In October 2024, 12 members attended Empowa Youth Expo held in Gugulethu, Empowa Youth addresses unemployment in the township.



FUNDRAISING

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.

Iena 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 and Anton from Shangri-La Studio; all donations, including cash, clothing and books go directly toward the kitchens.
- **Adv Retha Maas:** For the generous donation books, board games, toys
- **Meraki Wellness CPT:** For organizing and hosting wellness programs benefiting our cause, clothes were donated and food supplies.

SOCIAL MEDIA

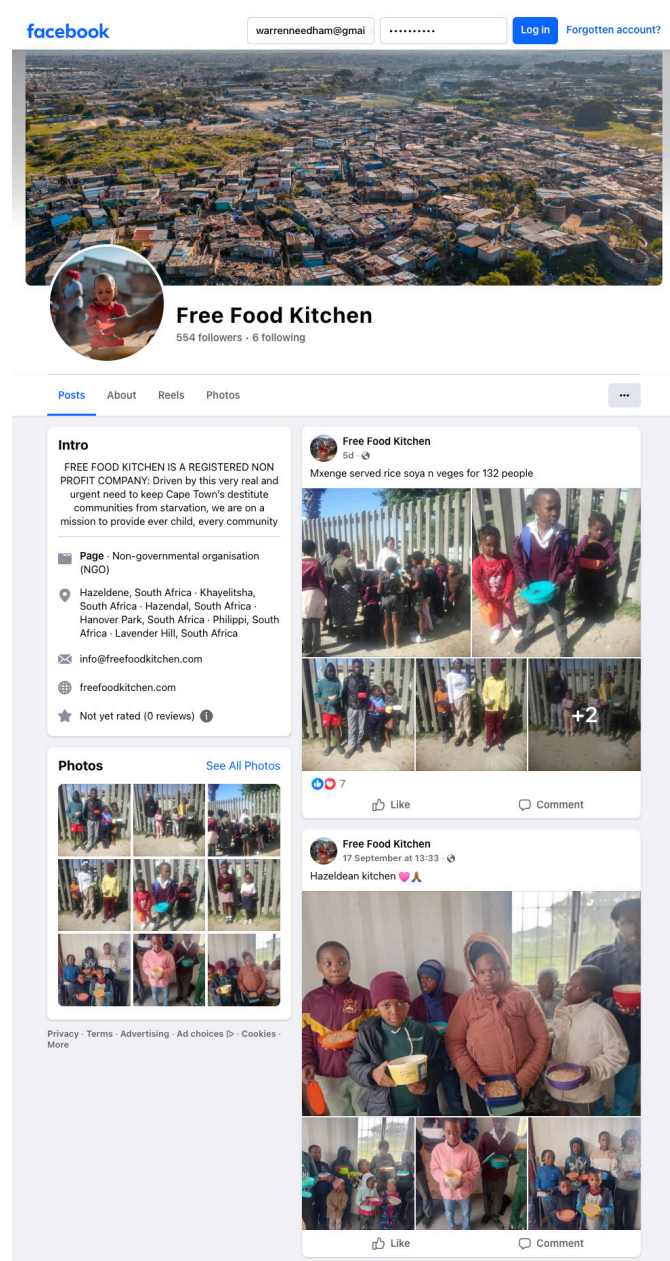
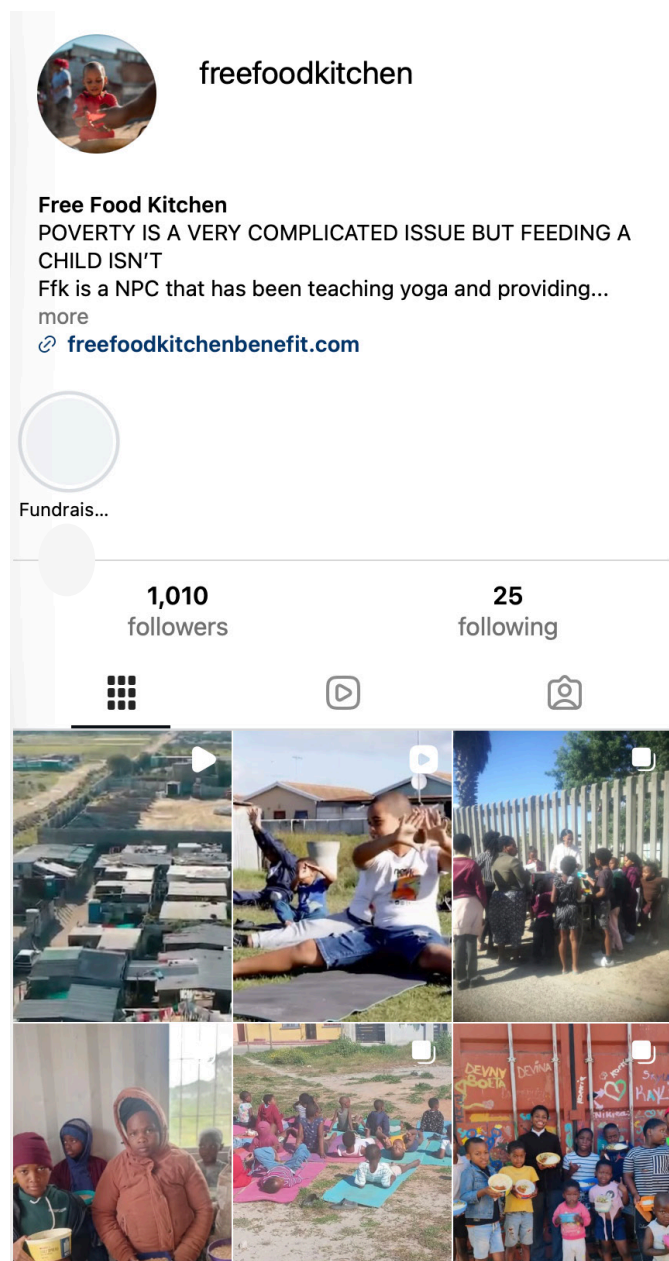
Our organization is sharing updates and interacting with the community in real time through our social media channels, which are the fastest-growing means of doing so.

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>



FINANCIAL REPORT

FOR THE YEAR ENDED 31 DECEMBER 2024

	2024	2023
Purchases	622,858	517,515
<u>Operating Expenses</u>	466,264	564,395
Administrative Expenses	52,335	73,857
Operating Expenses	375,528	388,802
Program Costs	38,401	102,338

FINANCIAL REPORT

FOR THE YEAR ENDED 31 DECEMBER 2024

Statement of Financial Position at 31 December 2024

	Notes	2024 R	2023 R
Assets			
Non-current assets		42,339	70,073
Equipment		42,339	70,073
Current assets		1,912,116	1,855,487
Total assets		1,954,455	1,925,560
Equity and liabilities			
Equity		1,961,065	1,925,560
Retained income		35,505	748,539
Surplus for the year		1,925,560	1,177,021
Current liabilities		6,610	-
Total equity and liabilities		1,954,455	1,925,560

FUNDERS LIST

LIST OF FUNDERS

Special thanks to our funders for their critical support:

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

DONATION LIST

We would like 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 2024 to 31 December 2024

LIST OF DONORS

Alexandra Kehrle
Bernhard Pfau
Brenda Cartier
Caitlin Tyner
Cornelia van den Houdt
Deidre Baatjes
Domelia Kiewiet
Donation (Anonymous)
Elena Brower
Good Hope Beverages
Gurmukh Kaur Khalsa
Heike & Jens Meyer
Ilana Fintz
Kareen Otte
Mandy Williams
Margaret Linstrom
Marion Harmer
Michelle Van Dyk
Nicki Forman
Pravani Pillay
Retha Maas
Roseline Nyman
Sandra Röseler
ShangriLa
Susan Wahlen
Smith Banfield
Xiao Yu
Yashna Singh

FREEFOOD KITCHEN

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