



FREEFOOD KITCHEN

REV♥LUTIONARY YOGA NPC
BUILDING CONSCIOUS COMMUNITIES

ANNUAL REPORT
1 JANUARY - 31 DECEMBER 2025

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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



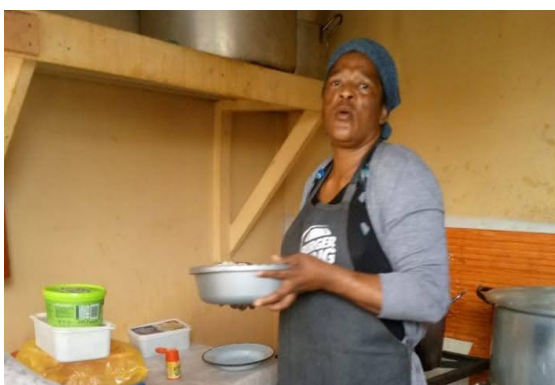
Zinhle Jack
Hazeldean Kitchen Co-ordinator



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



As another year comes to an end, I find myself reflecting on how much can be achieved when people choose to care.

Hunger is still a reality for far too many families and while we know we cannot solve every problem, we also know that doing nothing is never an option. Every meal served, garden planted, child encouraged reminds us that change begins with people who are willing to show up for one another.

This year our work continued to grow in many ways: We strengthened our kitchens, expanded our community programmes and continued to create

spaces where people feel supported. None of this would have been possible without the commitment of our Executive Director, coordinators, volunteers, donors and partners who continue to give so generously of their time, resources and hearts.

On behalf of the Board, I thank every person who has walked this path with us during 2025. Your support reminds us that compassion is not only something we feel. It is something we choose to put into action every day.

Adv Roseline Nyman
Board Chairperson

EXECUTIVE DIRECTOR'S REPORT

We may be living in a different age, but working within an organization that seeks to develop communities for the better demands transformation—not just in the work we do, but in ourselves.

This journey has challenged me to examine my intentions and be true to who I am. For too long, we've held onto ideals shaped by how things should be, often centered around making others feel good. But real change starts from within, and only then can it ripple outward.

We're not just serving we're making a meaningful difference, especially to the most vulnerable: children, dogs, and cats. While some may stay quiet, others are finding their voice. The world around us is shifting rapidly, and for the communities we serve, the challenges have been even greater. Our privilege lies not in comfort, but in action.

Yet none of this would be possible without the people we work with and the skills they bring. The social fabric seems strained, especially around care giving and safety. Crime remains our biggest threat, slowing progress and deepening instability.

After revelations of corruption in policing, we've become more aware. Violence has escalated—we've experienced shootings in at least four of our kitchens. These events exposed unpleasant realities.

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



FREE FOOD KITCHENS

- Across all 6 kitchens we proudly served about 2520 weekly throughout the year
- Purchased 3 additional 1000L pots, rice colanders, basins, catering serving spoons and 3 plate larger gas stoves to accommodate increased demand.
- Received 100 boxes of fresh apples (1.5kg each) and 100 bags of onions (10kg each) from Du Toit farm in Sutherland. Apples were served with every meal for four weeks, with surplus shared across communities.
- Donations were shared with partner organizations including St. Mary's of Angels, Holy Cross Primary (Zonnebloem), Fundani Nathi Educare, Earthchild Programme (Prince George Primary), and nearby communities — strengthening networks of mutual support.
- Received a box of new clothes from Shangri La Studio
- 80 knitted hats for kids was donated by Rachel from Bokmakierie
- Providing porridge to a daycare in Lavender Hill serving 25 children, including foster kids and teen moms.
- Received a donation package of moringa products from Jai Reddy so to provide the community with superfoods.
- Initiated weekly gatherings for 18 elders, starting with yoga and socializing.
- Hosted the first-ever Christmas lunch for 106 seniors from Hazeldean, Victoria Mxenge, Lavender Hill, Bokmakierie, and Mfuleni and reached 46 homebound individuals.



Commemorative Bench

- In Lavender Hill, services expanded to surrounding areas including Montague Village, Seaweeds, Hillview, Cafda, and Sakiesdorp.
- Catered the funeral of the late coordinator Ms. Dorah, recognizing her profound contribution.
- Launched a kids' sports program with 38 participants. Purchased 2 sets football jerseys, 2 balls, goal posts for football and netball, and prepared a playing field.
- Formed teams in Hazeldean and Smallville and hosted the first football match between the two. Practicing during the week and participate in weekend tournaments, fostering structure, purpose, and positive engagement.
- We cleared and prepared 1000 square metre football field for children, offering them a safe space to play and grow, while reducing the risks of idling and negative influences.
- Built commemorative 3m concrete bench to honour the generosity of one of our key donors, creating a lasting symbol of gratitude and community.

ACKNOWLEDGMENTS

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

FREE FOOD KITCHENS / CONT....



Sports Kits donated



100 Boxes of Apples donated



Safe Pads Donation



New Clothing Donated



New Pots Donated

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.



Each of our two biggest kitchens, Lavender Hall and Bokmakierie, distributes at least 20 bags of animal food each month



KEY ACTIVITIES

In Smallville, sterilization is performed by Animal Welfare NPO through its outreach programmes, helping to keep the animal population minimal.



The sterilisation efforts are validated by the fact that the amount of food for dogs and cats we supplied appears to have increased by only 1% this year

People are enjoying the spa days, which address the dogs, cats health and nutritional needs. Animal welfare is still a crucial component of our purpose, despite obstacles and the fact it has become the norm in our organization.



CONTAINER KITCHENS

CONTAINER UTILIZATION AND MAINTENANCE

One of our greatest achievements this year was facilitating a professional video production in our containers by the Heart Foundation, showcasing the impact of our project. The final video is now featured on the Free Food Kitchen website.

For our library we purchased 100 new coloring books and 100 more books were generously donated for children from Hero in my Hood to enhance motor skills

Received substantial book donation from Adv. Retha Maas, we are building to grow the

library within the container, fostering literacy and learning.



TRINITY ROOTS FOOD GARDENS

HAZELDEAN COMMUNITY GARDEN

Restored 2 x 2500 litres water tanks and repaired the irrigation system.

We bought additional garden tools for the maintenance of the garden



The rejuvenation of the garden strengthened our capacity to support beneficiaries with nutritious meals all year round.



The Hazeldean Garden stands as a symbol of sustainability, contributing to both food security and environmental.

We planted kale, spinach, parsley, carrots, beetroot, tomatoes and spring onions all year round or seasonally, successfully harvested to supply our kitchens.



The garden has also become a place youth engagement, 15 children from the football club actively participate in gardening activities.

COMMUNITY YOGA

KEY ACTIVITIES

Weekly sessions in Athlone, Smallville, and Hazeldean are ongoing



18 seniors in Lavender Hill.

A kids holiday yoga session for 22 children, hosted by The Shangri La Studio in Cape Town

Hazeldean has its regular Friday classes average of 35 kids



SOCIAL WORK AND COMMUNITY SUPPORT

The introduction of providing our beneficiaries with immediate responses to social ills has proven to be beneficial to our kitchens. Instead of sending people away to external places, while coming for food be consulted and supported by a social worker and receive support directly at our kitchens. Although many individuals are still hesitant to openly discuss their needs and challenges, they are continuously encouraged to engage and make use of the services provided.

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

- We supported at least 32 individuals through various forms of psychosocial counseling and interventions.
- Provided to a mother mourning the loss of her 13-year-old disabled daughter, focusing on emotional support and coping strategies.
- Rape survivors received regular sessions from the social worker to help with emotional healing and empowerment.
- Supported a father whose child was expelled from school due to substance use and possession of drugs. The child was successfully referred to the Realistic Organisation for rehabilitation, with follow-up support ongoing.
- Continued support was given to twins in our program, who are now attending a school of skills.
- 18 senior citizens and individuals with chronic conditions were assisted. As a result, a dedicated psychosocial support group was established in Lavender Hill to foster social interaction, peer support and emotional well-being.
- 4 teen mothers are religiously provided with baby food to ensure growth and prevent malnutrition.
- Persons who lost ID in fire received assistance in replacing it.

- We observed Breast Cancer Awareness Month by hosting 19 women for an empowering session led by our social worker, focused on living and surviving with cancer. This gathering also honored and supported our own survivor, Naseba- Bokmakierie coordinator, whose journey continues to inspire our community.
- The challenge of not having sanitary pads was addressed by purchasing and supplying 200 washable pads to girls. These pads are reusable and will last for up to five years, ensuring dignity and sustainability.

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.

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 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 of books, board games, fruit and vegetables from a farm in Sutherland

SOCIAL MEDIA

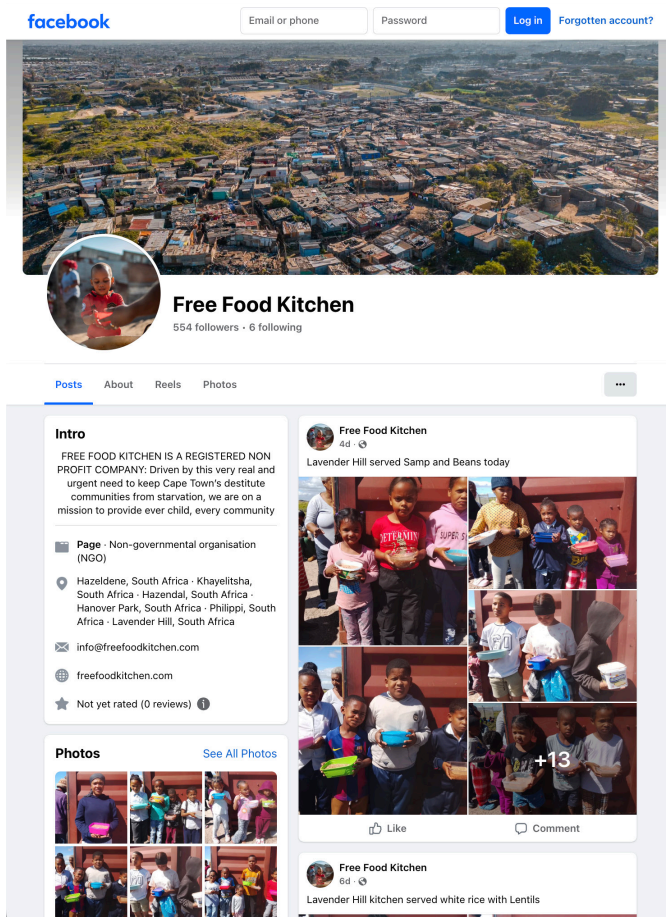
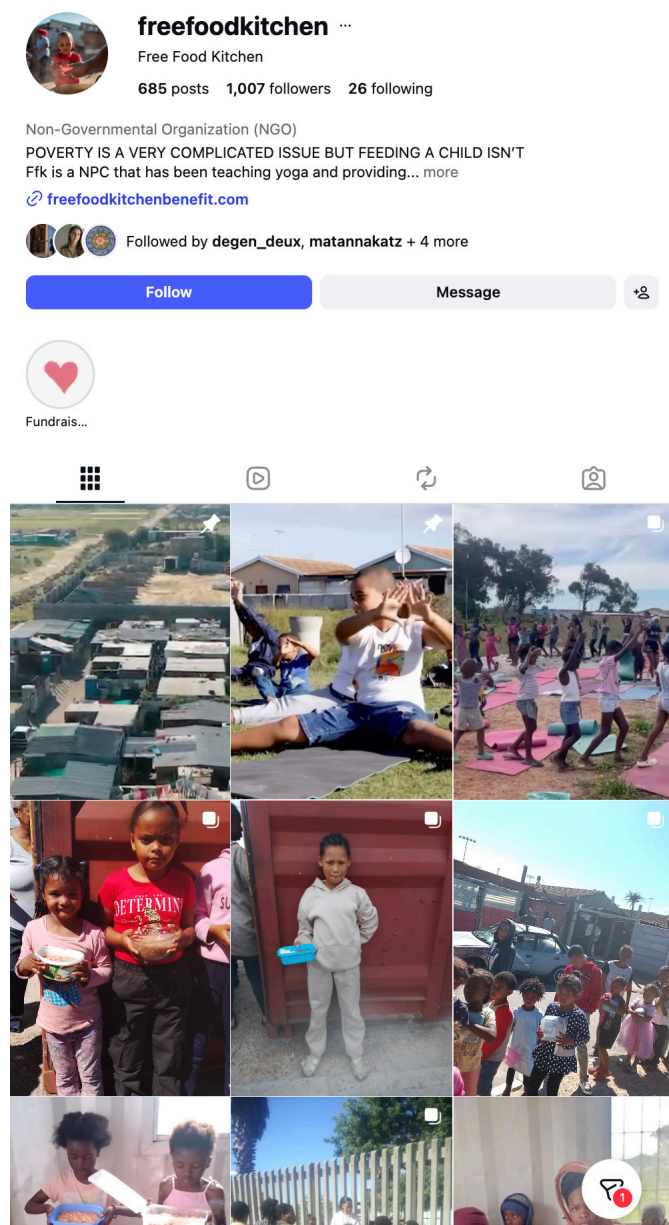
Our organization is sharing updates and interacting with the community in real time through our social media channels, which are the fastest-growing means of doing so.

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 2025

	2025	2024
Purchases	600,880	622,858
<u>Operating Expenses</u>	647,457	466,264
Administrative Expenses	141,239	52,335
Operating Expenses	415,458	375,528
Program Costs	90,760	38,401

FINANCIAL REPORT

FOR THE YEAR ENDED 31 DECEMBER 2025

Statement of Financial Position *at 31 December 2025*

	2025 R	2024 R
Assets		
Non-current assets	72,610	42,339
Equipment	72,610	42,339
Current assets	2,896,095	1,912,116
Total assets	2,968,705	1,954,455
Equity and liabilities		
Equity	2,975,315	1,961,065
Retained income	1,014,250	35,505
Surplus for the year	1,961,065	1,925,560
Current liabilities	(6,610)	(6,610)
Total equity and liabilities	2,968,705	1,954,455

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

Adela Ruiz	Lindy Cohen
Anton Casciati	Linnet Chihaka
Bernhard Pfau	Louise Pannell
Bernadette Kiewiet	Margaret Linstrom
Charlotte Minall	Marta Jovanovic
Elena Brower	Pravani Pillay
Gurmukh Kaur Khalsa	Retha Maas
Gurumeet	Sandra Röseler
Deidre Baatjes	Shangri La Studio
Domelia Kiewiet	Shelley Sherman
Donation (Anonymous)	Shevaun Shamon
Heike & Jens Meyer	Smith Banfield
ILana Fintz	Susan Wahlen
Jennifer Loots	Warren Needham
Joanna Barrett	Yashna Singh
Laurie Cunningham	

FREEFOOD KITCHEN

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