

Project: Nutritional Immune Boosting Feeding Program- “Tiny Tummies”



We are providing daily immune boosting foods to toddlers under the age of 5. According to UNICEF, malnutrition is a major underlying cause of death in 64 per cent of children under the age of five who live in South Africa. One in five children is stunted and many are deficient in the vitamins and minerals vital to good health and optimal development.

Motivation: We work in some of the highest TB affected areas of South Africa. Building the immune systems of these young children is vital to their survival. With a strong immune system strengthened by healthy food toddlers can resist TB, are less likely to get sick, and will have energy to learn and grow. With your funding we will continue to expand our nutrition program “Tiny Tummies” with more focus on nutritional education for the care givers and pre-school teachers of the children we work with in the foster homes and child care centers.



COLORS also provides soup kitchen assistance with bimonthly groceries and gas for cooking stoves through Violet and Annies projects.

COLORS epap feeding project story by [Jesse Horodyski...COLORS volunteer 2012](#)

"When I arrived in South Africa I was told my first project would be putting a small preschool on an e'Pap program. I went to meet the kids and I was a little confused with what I saw. They didn't look malnourished or underfed to me, and I figured they were acting shy and withdrawn because I was new to them. I talked with the director of my organization about the impression I was given, and she gave me a big list of malnutrition signs that I hadn't picked up on; orange brittle hair, yellow tinge to the whites of their eyes, and sluggishness to name a few.

I was taken to a project site where there was an established e'Pap program and I was blown away with how happy, outgoing, and intelligent the children seemed in comparison to the previous crèche. After seeing this I realized how serious the nutrition problem was at the previous project site.

There was one particular boy who was about two years old. He was clearly the youngest of all the kids, and he just sat in the corner with an expressionless stare. When we fed him his maize meal lunches he stayed slunched over with an empty gaze. His lack of personality made him seem like a zombie.

After just a week of giving the kids e'Pap every day there were huge differences! The little boy started smiling and playing with the other children, and the rest of them seemed as if they had a glow. After a couple more weeks they were acting the same as the other e'Pap kids I saw before. And that little boy became the most rambunctious in the crèche, and a pretty awesome soccer player considering age!

Many of the families I work with rarely eat anything more than pap (cheap refined corn) or buttered bread, cheap sugary drinks, and old fruit; what is left goes to the children. Malnutrition is a big problem here. e'Pap is without a doubt helping to fight this statistic. It is amazing to see the difference that just a few weeks of it made."