



IT STARTS WITH A meal

Save The Date
15th & 16th July

Hello colleagues,

The goal of Rise Against Hunger is to eradicate hunger one meal at a time. They do this by feeding children at Early Childhood Development Centres (ECDs), participate in Sustainable Farming Projects and Disaster Relief Activities.

We invite you to become a Hunger Champion, who feeds a child, and join us on the 15th or 16th JULY in the TAB boardroom packing meal packs. The meals are a dry mix of soya, rice, dehydrated vegetables and vitamins. Each item comes separately, and we need a team of 12 people for a solid hour to complete at least 5000 meal packs.

Here is a youtube video on how they operate:
<https://www.youtube.com/watch?v=f63Nh9X62qw>

This counts towards your volunteer hours ❤️

Shifts: 11h00 -12h00, 12h00 - 13h00, 13h00 -14h00, 14h00 -15h00, 15h00 - 16h00

Click on the link to book your session: <xlsx icon Rise Against Hunger July 2024.xlsx>

Please reach out to Lynn Reizenberg and Julian Padua with any questions.



Youtube video



Book your session

