



**NOURISH  
FOUNDATION**

## Items of Impact 2025

Every item on this list helps empower communities and create lasting change.

Whether you're travelling to visit us, supporting from afar, or inspired to be part of our mission, your generosity directly fuels education, nutrition, conservation, and economic opportunity.

From eco-education tools and nutritious meals to enterprise equipment and animal care supplies, each contribution helps us grow strong, sustainable communities—rooted in resilience and thriving with purpose.

*(Estimated costs are included for reference, and all in-kind donations are welcome!)*



**690+**  
CHILDREN REACHED  
DAILY

RISE Creche - Early Childhood Development	In ZAR- Estimate
Diapers Kits & Hygiene - Reusable diapers, wipes, and cleaning essentials to reduce single-use waste.	R 6,000 per term → € 300   \$330
Nap Time Comfort - Sponge mattresses for restful afternoons.	R 14,000 total → € 700   \$770
WILD HEARTS Resources - Learning materials for 10 outreach creches.	R 87,000 total → € 4,350   \$4,785
Creche Upgrades - Kitchen and toilet improvements at Sigagule Eco Village.	R 60,000 total → € 3,000   \$3,300
School Starter Packs - Uniforms, shoes, and stationery for graduates heading to 'big school'.	R 500 per uniform → € 25   \$28
Sponsor a Child - Daily meals, snacks, trained educators, and quality early learning experiences.	R 7,800 per child per year → € 390   \$429

*Generosity is the seed of change*

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# GREEN

# KIDZ

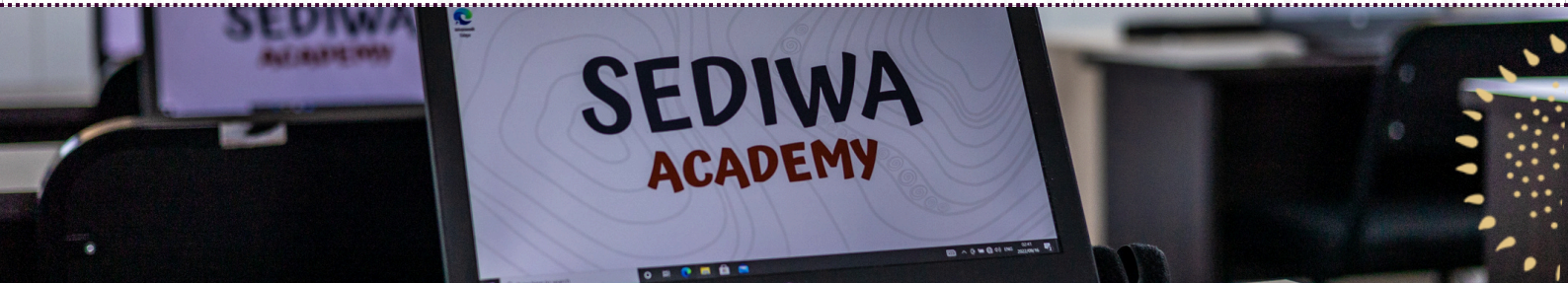
*Wildly Passionate*



## Green Kidz - Environmental Education

## In ZAR- Estimate

Stationery Packs - 310 notebooks, pens & pencils for after-school activities.	R 10,000 total → €500   \$555
Jump for Joy - 2 trampolines for Sigagule & Makrepeni clubs.	R 9,000 per trampoline → €450   \$500
Learning Storage - 8 shelving units for games & resources.	R 80,000 total → €4,000   \$4,440
Sports Gear - Balls, nets, kits, bibs, water bottles & more for team fun.	R 30,000 total → €1,500   \$1,665
Scouts Adventure Kits - Journals, sleeping bags, compasses, and hiking essentials.	R 6,000 for each kit → €300   \$330
Conservation Field Trips - 40 nature outings for 15 kids each.	R 5,000 for each field trip → €250   \$275



## SEDIWA - Enterprise & Skills Development

## In ZAR- Estimate

Artisan Upliftment - Support for local crafters to transform the Eco Village into a living art space (tyre, tin, welded & painted art).	R 25,000 total → €1,250   \$1,375
Trash to Treasure - Glass bead-making equipment & kiln for recycling-based enterprise.	R 28,000 total → €1,400   \$1,540
Sewing Skills - Sewing machine & overlocker for income-generating projects.	R 9,000 total → €450   \$495
Hospitality Training - Front-of-house skills course for 6 aspiring professionals.	R 25,000 per training → €1,250   \$1,375
Pottery & Kiln Setup - Tools, safety gear & kiln furniture for ceramic training.	R 50,000 total → €2,500   \$2,750
Computer Lab Access - Online training in business, tech & entrepreneurship for 20 learners.	R 6,000 per month → €300   \$330



African Roots Farm & Food Program	In ZAR- Estimate
Dining Essentials – Plates, bowls & cups for our daily feeding program.	R 9,000 total → €450   \$495
Picnic Seating – Benches for children who eat with us every afternoon.	R 20,000 total → €1,000   \$1,100
Monthly Food Support – Contributions toward groceries.	R 87,000 total → €4,350   \$4,785
Eggs for All – Chicken coop expansion with 20 laying hens.	R 25,000 total → €1,250   \$1,375
Farm Tools – Spades, trowels, watering cans, gumboots & more.	R 5,000 total → €250   \$275
Moringa Tree Planting – 150 trees across three villages.	R 42,000 total → €2,100   \$2,310
Hydroponics Upgrade – Solar pump & seedlings for Sigagule farm.	R 6,500 total → €325   \$358
Farm Safety Fence – Strong perimeter fence to protect our produce & animals.	R 60,000 total → €3,000   \$3,300



Animal Outreach	In ZAR- Estimate
Outreach Supplies – Food, bedding, tick/flea treatment, dewormer, wound care & basic vet essentials.	R 5,000 per month → €250   \$275
Sterilise & Vaccinate – Full vet care for dogs on our 60-strong waiting list.	R 1,000 per dog → €50   \$55
Shelter & Safety – Dog houses, collars, and leashes for our Nourish pups.	R 6,500 total → €325   \$358





Other Essentials	In ZAR- Estimate
Admin Tools - Laptop for Eco Village Manager to support reporting & coordination.	R 5,000 total → €250   \$275
Tourism Signage - Road signs for both Makrepeni & Sigagule Eco Villages.	R 20,000 each → €1,000   \$1,100
Safety First - First Aid, Fire & Health training for 8 team members, plus safety kits.	R 50,000 total → €2,500   \$2,750
Uniforms with Pride - Branded Nourish gear for staff & T-shirts for 120 children.	R 35,000 total → €1,750   \$1,925
Cafe Comfort - Outdoor tables, chairs & a shade sail for the Nourish Café.	R 26,000 total → €1,300   \$1,430

All donations are carefully inventoried and thoughtfully distributed across our three locations to support the projects where they're needed most — whether on-site or through our outreach initiatives.

Full budget breakdowns and project details are available upon request. We're happy to share more—just reach out!



Every item you pack or contribute carries a ripple of change. Thank you for believing in the work we do and the communities we serve. Together, we are nourishing futures, one meaningful gift at a time.

