



This month, we celebrated World Food Day—an opportunity to highlight the plight of the 870 million under-nourished people in the world. Most of them live in rural areas where their main source of income is subsistence agriculture. Global warming and the biofuel boom are threatening to push the number of hungry even higher.

In South Africa, it is critical to heighten public awareness on issues such as food scarcity in the country and to strengthen solidarity in the struggle against hunger, malnutrition and poverty. Our articles

this month focus on food security for our most vulnerable communities and the work our Health in Action teams are doing on the ground.

We hope you enjoy reading our October stories and remind you to please also follow us on [Facebook](#) and [Instagram](#) to find out more about our daily activities and the committed staff who work tirelessly in the background. And please don't forget to check out our [Seeds for Life Campaign](#). We appreciate your support!

*Unathi Sihlahla*  
*Director of Programmes, INMED South Africa*



Word is spreading in South Africa about how INMED Aquaponics® is providing food security for distressed communities during the pandemic, as well as opportunities for marginalized individuals to achieve sustainable livelihoods. ETV News recently featured a great piece on INMED South Africa's aquaponics project in Soweto in partnership with the **Mondelēz International Foundation**. Check it out!

**CLICK HERE** to view more videos from INMED South Africa.

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## Food Security: A Desperate Issue for Most Vulnerable



*In the midst of the COVID-19 pandemic, home gardeners are feeding their families as well as their neighbors in need, thanks to INMED South Africa's Seeds for Life campaign.*

It's no surprise that a recent National Income Dynamics study affirmed that urban shack dwellers have borne the biggest brunt of hunger during the pandemic, and that food security is still not back to the pre-lockdown level. Yet in less than two months, our Health in Action team has helped dozens of hungry families produce a steady supply of fresh, nutritious food by simply planting home gardens.

“COVID-19 has highlighted the urgent need for vulnerable families to have a more sustainable food security plan,” says Dr Sandra Pretorius, Health in Action Programme Manager for INMED South Africa. “Food insecurity and malnutrition are unfortunately a growing reality for an increasing number of children and adults in many communities across South Africa.” Health in Action is a school-based programme of INMED South Africa and the Mondelēz International Foundation.

While delivering emergency COVID-relief food parcels in Johannesburg and Port Elizabeth, says Pretorius, “We realized the importance of extending the reach of our school garden program and launched a pilot project called Seeds for Life to help vulnerable households start backyard food gardens.” The project initially targeted 40 households in Port Elizabeth and Johannesburg to receive seeds, training and assistance to grow their own produce.





One new home gardener is Miriam Kashunda, who lives in Soweto. In September, she received seeds and hands-on training from our Health in Action Break Time Buddies, who also provided handy pamphlets on how to plant various crops. Now, she's harvesting produce twice a week—enough to feed her family with excess to sell to buy ingredients for bread, which she also sells to her community and donates to neighbors in need. She has become a food security change agent.

"The ripple effect of this project has been astounding so far," notes Janet Ogilvie, INMED South Africa Operations Manager and brainchild of the Seeds for Life campaign. "For just a few rands and an hour of training, people who were malnourished are now eating regularly—and feeding others who are hungry."

The goal of the Seeds for Life campaign is to raise R250 000 rand to support 2 500 families in Gauteng and Port Elizabeth, "It is an ambitious plan, but we believe it is achievable," says Pretorius.

[CLICK HERE](#) to donate seeds to a family in need!

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## Minister Visits INMED SA School Aquaponics Site



The teachers and students of Naarsingstraat Primary School in Graff-Reinet, Eastern Cape were excited to host a recent VIP visit from the Minister of Environment, Forestry and Fisheries, Ms Barbara Creezy. The focus of the visit was INMED South Africa's aquaponics system, which is providing fresh food for the school's feeding scheme as well as serving as a resource for vocational education. It is one of many systems that INMED has implemented at schools throughout South Africa—and one of two systems funded by a generous donor in Graff-Reinet.

"The work that is done by INMED at this school is commended," said Minister Creezy. "Aquaponics is the future of agriculture and can be a great learning platform for children." We couldn't agree more and appreciate her support!



## Support Seeds for Life

Help us facilitate 2,500 backyard gardens for families going hungry in Johannesburg and Port Elizabeth. For as little as R110, you can provide seeds and training for 1 family via our Seeds for Life campaign.

[CLICK HERE](#) to learn more.

[DONATE](#)



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