

Dihlabeng Christian School Feeding Scheme - June 2018

We are pleased to bring you news of the Feeding Scheme at DCS this year, 2018. As before, the scheme is being managed by Howard and Suzanne Kirby, volunteers at DCS from Lewes, Sussex. The Feeding Scheme this year supplies 36 children with either breakfast and lunch, or just lunch.

The menu for the children's food each day remains the same this year. It is a fairly balanced menu and gives the children chicken, minced beef, sausages and eggs as well as maize, rice, potatoes, tomatoes, cabbage and beans and very nice homemade bread. The children also have fresh milk supplied by a nearby farm, at a very reduced price. Sometimes seasonal fruit is available too.

Howard and Suzanne do an excellent job at managing the budget and are always looking for the most economic way to source the food, preferably locally. Recently, Howard spoke to several food shops, including those in the township. When he spoke to the Antsh General Trading Store in Clarens, Xiau Yun Chen who runs the store, asked him to give her a list of all the food he regularly bought and said that she would quote him a price. She came back with a really good deal and said she would provide the food for the school at less than the retail price. He has now been buying all the food from her, apart from the mince and sausages (Russians) which are bought at Ciglars store in Bethlehem, our nearest large town.



Howard and Suzanne Kirby



Following the re-fit of the kitchen last year we were in need of a new fridge and freezer. The old one had been leaking water over the floor for a while. The fridge was bought from Bethlehem, from a store called Masons. This is owned and run by a lovely Muslim doctor. He didn't have a small chest freezer but offered to 'give' the school his son's freezer as he didn't need it anymore and then delivered the two, that day, for free! A real blessing. The addition of the freezer has made the buying and storage of the meat so much easier, saving on time and cost of fuel to shop for the food. We were also able to purchase two water boilers with the money saved on the freezer - one for the kitchen, and one for the staff room. Below are some photos of the children with Tshepiso and Nthabiseng, our cook and assistant, and enjoying their lunch together.



Menu 2018	Breakfast	Lunch
Monday	Pap and milk	Pap, mince and mixed vegetables
Tuesday	Bread and scrambled egg	Pap and milk
Wednesday	Pap and milk	Chicken, rice and spinach/ cabbage
Thursday	Bread and scrambled egg	Rice and beans
Friday	Pap and milk	Chips and Russians (sausage)



Sharing lunch with friends

Howard with Tshepiso and Nthabiseng in the DCS kitchen



Once again we would like to thank all our regular sponsors of the Feeding Scheme, especially our main sponsor, Christchurch, Downend in Bristol who have adopted us as Mission Partners once again for 2017-2019.

Thank you to all who sponsor the DCS Feeding Scheme.

Carol and Alan Goodson, on behalf of Margaret Grant and Dihlabeng Christian School.