

# Africa Food for Thought | Child protection and wellbeing

## SUMMARY

Africa Food for Thought is a South African charity that provides food security and related support to children and vulnerable families, offering daily meals and educational assistance to thousands of those in need.

## OVERVIEW

Africa Food for Thought (“AFFT”) is a South African non-profit addressing chronic hunger in low-income communities. Early Childhood Development (“ECD”) centres (preschools and day care centres) are often relied on for daily care and meals. Many operate with limited resources, so children can arrive hungry and struggle to fully engage in the day. They recognise that intervening early helps prevent entrenched social and educational inequality.

AFFT supplies informal ECD centres (preschools and day care centres) with food such as dry goods and fresh produce, alongside practical guidance and mentoring for centre leadership.

In parallel, AFFT supports vulnerable families with monthly food parcels and mentorship, and assists school feeding programmes so children can remain supported as they grow. Programme delivery is underpinned by routine monitoring and ongoing check-ins to reinforce safe, consistent standards including hygiene, food storage, attendance records, and issue reporting.



## OUTCOME

The work AFFT does is essential to make sure that no child arrives at school hungry, and that they are set up for the day in the best possible way.

This matters because consistent nutrition underpins attendance, energy, and the ability to focus and learn, especially in the early years. It also reduces the financial and operational strain on under-resourced centres, freeing them to focus limited budgets and time on improving the learning environment.

## IMPACT

With the Seneca Trust’s support, Africa Food For Thought has:

- Supported four Early Childhood Development centres, reaching 168 children with daily meals, learning support and mentorship.
- Delivered approximately 11,592 nutritious meals per month, improving attendance, energy and classroom focus.
- Reduced financial strain on partner centres, freeing resources for materials, facilities and staff.
- Strengthened hygiene, food storage, attendance and reporting standards through consistent oversight.
- Assisted 15 vulnerable families, comprising 123 individuals, with monthly food parcels and mentorship to alleviate food insecurity and support household stability.



## Sustainable Development Goals :



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