



# SACARES

FOR GARDENS

FOOD FOR OUR CHILDREN'S FUTURE



## FOOD SECURITY

**Gardening** engages all sorts of senses and helps **children** to develop and recognise them without even realising. They can feel the texture of soil, seeds, flower and petals. ... **As children** garden, they develop **important** motor skills **that will help** them improve **their** academic skills **such as** writing, cutting and typing.

But it is more than that. Even before Covid-19, many South African households faced a total lack of income, reduced income or uncertainty around employment.

Majority of South African Households live from hand to mouth.

Our constitution guarantees that every child has the right to basic nutrition.

Through our SA Cares for Gardens project, we place vegetable tunnels and training on how to grow food, in every community and program we are involved with.

**Where are our Gardens:** Cullinan,  
Mmakaunyane, Pretoria East,  
Danville, Mamelodi