



## FOOD PARCEL PROJECT

The Paediatric Oncology Unit at Steve Biko Academic Hospital offers treatment to children with cancer from Gauteng, Mpumalanga and some from Limpopo.

Most of our children come from poor **socio-economic circumstances** that lead to **food insecurity** and contribute to the fact that the majority of our patients are malnourished at diagnosis. If patients are malnourished at the time of diagnosis, they usually struggle to tolerate the toxic chemotherapy treatment, and they are even more susceptible to infection. This may cause delays in their treatment and eventually contribute to a poorer outcome.

If the children are well enough and strong enough, we try to send them home for a while, back to a home with a shortage of food...

So, last year when people or visitors asked the Dietician how they can help, she asked for food parcels / sources of protein (e.g. peanut butter) for the children to take home with them. **After the children received food parcels, she saw an improvement in the children's' nutritional status when they returned from home.** This led to the idea of supplying, on a regular basis food parcels to patients to take home on discharge from the unit.

**For +-R 200-R250 / bag, each child can receive a food parcel consisting of the following (total weight +-8-10kg in a plastic bag):**

<ul style="list-style-type: none"> <li>• 500g Enriched Milk Powder</li> <li>• 200g Enriched Soya mince</li> <li>• 500g Sugar beans / baked beans</li> <li>• 400g Peanut butter</li> <li>• 400g Pilchards</li> <li>• 500g Enriched Soup powder</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Kg Rice</li> <li>• 1 Kg Samp</li> <li>• 410g Tinned vegetables</li> <li>• Small box of Tea</li> <li>• 500g Sugar</li> <li>• 750ml Cooking oil</li> </ul>
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If you need more information, please contact

- Our friends at Lemon-Tree-Kids NPC at [info@lemontreekids.co.za](mailto:info@lemontreekids.co.za)

If you want to support us with this project, you can make a donation towards Lemon-Tree-Kids NPC - a **Public Benefit Organisation (no 930043711)** and mail your details to LTK for a Tax certificate.

**Lemon-Tree-Kids NPC**  
**FNB**  
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**Ref: #Food Parcel project**

