



# Nourish

Newsletter



## FIRST OF ALL

A BIG HEARTFELT “WOOP WOOP” AS NOURISH IS FINALLY REGISTERED AND HAS A BANK ACCOUNT, AFTER MONTHS OF BLOOD, SWEAT, TEARS, FAITH, PRAYERS, AND SWEARING. NOURISH IS A SOUTH AFRICAN BASED NON PROFIT ORGANISATION THAT IS FOCUSED ON ENVIRONMENTAL EDUCATION, SUSTAINABILITY AND COMMUNITY UPLIFTMENT. WE INCORPORATE PROJECTS THAT TOUCH THE LIVES OF PEOPLE BY ASSISTING WITH PHYSICAL NEEDS SUCH AS FOOD OR CLOTHES, SPIRITUAL NEEDS FOR CARE AND LOVE, AND MENTAL NEEDS, SUCH AS EDUCATION. WE ALSO FOCUS ON ENTREPRENEURSHIP, TEACHING HEALTH AND NUTRITION, AND GIVING BACK TO THE ENVIRONMENT BY “GREENING” AND SUSTAINABLE ENVIRONMENTALLY-FRIENDLY PROJECTS. THE STEPS TO MAKING A DIFFERENCE – ARE EASY—AND EXCLUDE NO ONE... FROM BIG CORPORATE ORGANISATIONS, TO CHILDREN IN WELL-OFF SCHOOLS, THE ETERNAL PARTY GOING TEEN, TO A CARING HOUSE-WIFE, THE DREAMING HIPPIY, AND THE WORLD CHANGING LAWYER. WE CAN ALL MAKE OUR DIFFERENCE SOMEHOW, AND LEAVE OUR MARK ON THE WORLD. LET NOURISH BE A WAY THAT YOU CAN LEAVE YOUR MARK!  
~ GET INVOLVED~!

CHECK OUT OUR AMAZING **PHOTO GALLERY**, WITH PICS OF ALL OUR LATEST VENTURES, INCLUDING OUR VISIT TO AACOSIDA, AN ORPHANAGE IN MAPUTO, MOZAMBIQUE. AACOSIDA ASSISTS IN HOMING, CLOTHING AND FEEDING OVER 2 000 ORPHANS – MOST OF WHICH THEY HAVE MANAGED TO PLACE IN FOSTER HOMES! WE BROUGHT SMILES AND HAPPINESS ALL ROUND AS WE GAVE OUT THE HAND-DECORATED FLIP FLIPS, A DONATION FROM SOLE MATES FOR PEACE. GREAT TO SEE THAT CHILDREN IN OTHER COUNTRIES ARE HAPPY TO SHARE PEACE AND LOVE WITH BROTHERS AND SISTERS IN A LESS FORTUNATE POSITION!

**INSPIRED BY A SUCCESSFUL BAREFOOT FOR POVERTY PARTY** IN HOEDSPRUIT IN APRIL 2011, NOURISH HAS DECIDED THAT WE CAN BRING TOGETHER THE IDEALS OF HAVING FUN, AND SAVING THE WORLD IN A CONCEPT CALLED PARTIES 4 THE PLANET... WHERE PARTY GOERS HAVE A CONSCIOUSNESS ABOUT THE WORLD AROUND THEM, AND THEIR ENTRANCE “FEE”, WHETHER IT BE SHOES, CLOTHES OR FOOD – GOES TO MAKING A DIFFERENCE! KEEP AN EYE ON THIS SPACE FOR ANY FUTURE PARTIES, AS WELL AS TO SEE WHERE THE SHOES COLLECTED AT THE BAREFOOT PARTY WILL BE DISTRIBUTED.

OUR FINGERPRINTS DON'T FADE FROM THE LIVES WE TOUCH ~

PLEASE CHECK OUT THE NOURISH FACEBOOK PAGE AND “LIKE” US TO KEEP UPDATED WITH OUR LATEST NEWS, EVENTS AND PROJECTS.

