

## PRESS RELEASE ISSUED BY MEALS ON WHEELS SOUTH AFRICA

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### Gcuwa MOW Wants To Grow – Vegetables And Fruit



Gcuwa MOW in Butterworth, Eastern Cape want to grow vegetables as they have a big site and enough land, but they need training and equipment.

“We have plenty of land and water but we really need to fence it because neighbor’s cattle can get in and eat the vegetables,” says branch manager, Noluthando Bacela.

The branch would also love donations of garden spades, forks, rakes, hosepipes and seed. A small tractor, perhaps loaned, would also be useful. In terms of training it would be an excellent idea for the branch to contact their provincial agricultural extension office, or an NGO like Food and Trees for Africa.

The volunteers are unhappy that they don't get paid a stipend, and this means that people resign regularly, which affects morale. Therefore donations would help volunteers support themselves. At the same time, supporting the gardening project would mean that volunteers could take fresh food home as ‘payment’.

The branch feeds 140 people once a day, including those who are HIV positive. Fresh produce would go a long way towards boosting the immunity of the latter.

Meals on Wheels is a charitable organization that provides meals for people too poor or infirm to fend for themselves. You can sponsor a hungry person via SMS – simply SMS the word ‘MEAL’ to **39055**. Your SMS is billed at *R15.00*.

For further information or for comment, please contact Noluthando Bacela on +2776 814 0102.

Pictures are available on request, please contact the sender. If you encounter any problems with contact numbers or with spokespeople, please phone +2783 758 4483.

### **You can also visit the following websites for more news and info:**

- Meals on Wheels website: [www.mowglobal.co.za](http://www.mowglobal.co.za)

### **Social Pages :**

- Facebook: <http://on.fb.me/eSkF9s>
- Twitter: <http://twitter.com/>