

A call to identify with the hungry

If you're responsible for making meals for yourself and/or your family every day – in amongst 101 other things you do in a day – you might dread being asked what's for dinner! An added stress for many households in Cape Town is the meagre means with which to put food on the table.

South Africa is one of the few countries that produces enough food to feed its entire population. However, 20% of our people have insufficient access to food. Food insecurity is directly linked to poverty and poverty is directly linked to income inequality. Our country has one of the highest rates of income inequality in the world, with the richest 10% of the population receiving almost half the income and the poorest 10% receiving a mere 0.2% of all income. (Source: FoodBank SA)

On average about 15% of income expenditure is spent on food in urban households. For a large portion of Capetonians this means spending less than R8 a day on food.

What food could you buy for R8?

We invite you to identify with many of our neighbours by spending as little as they do on meals for the next 3 days. It will give you an opportunity to stand in someone else's shoes and to prayerfully consider God's heart for the 'hungry'.

Here are some items you might want to add to your shopping list:

Tuna solid in oil: R8,99 per 170g (share with one other person, or use over 2 days)

Tin of corned meat: R12,59 per 300g (share with one or two other people, or use over 2 days)

Baked Beans: R4,99 - R5,29 per 410g

Whole kernel corn: R5,99 per 410g

Knorr cream of tomato instant soup: R2,99 per 84g

Knorr tasty beef instant soup: R3,39 per 50g

Parboiled rice: R9,99 per 1kg (share, or use over 3 days)

Brown onion gravy: R6,49 per 40g

Braaipap: R4,99 per 1kg

Samp and beans: R4,99 per 500g

Cauliflower: R7,99 per 1kg

Broccoli: R10,99 each (share, or use over 2 days)

Brown bread: R6,99 per loa