

**"Sunday Kos"** - a South African term to describe a hearty plate of food, filled with all the good nutrients of a protein, starch, vitamins and vegetables - all 7 colours.

It is a meal that would normally be served on a Sunday in homes being a special day for family meals as is in many places in the world. This would be for many children the only nutrient filled meal they would get in the week if at all. No kid does not look forward to "Sunday Kos".

There is a sense to of feeling very loved when someone shares what they have, to help nourish you with a healthy meal and the sharing of good education.

Through Hearts For Jesus, you are helping us feed a child and you are helping provide a Christian Education to a new friend in Africa. Look at it this way, you are helping teach the same lesson Jesus taught to His disciples and people: that there is indeed a God who provides for them - we call him Jehovah Jireh.

You are helping teach the importance of sharing, making the most of what you have, and that Christians must place their trust in God. Thank you for this lesson.

Beyond the lesson, you are reaching out to the day-to-day needs of some of the children in our school. For some of these children, the meal they receive at school every day is sometimes the only meal they have in the day. For them coming to school means they can eat something and more importantly get to go and learn something in class without thinking or listening to the growls of their empty tummies.

With the sharing of your pocket money and donations from your family and friends, you will be helping us support the cost of educating and feeding our children. It costs \$7 - \$10 a month to feed a child a month and \$2 - \$6 (\$126 per month!) per day to educate a child a day.

*"My favourite food at school is on Wednesday, it is Sunday Kos. I like it because it's like 7 colours, it's nice and delicious, mostly the meat and rice."* - Student. Shy as she was, she told us off camera that the meat and rice stand out so as they rarely get to have meat or rice at home, only having the staple here called pap with cabbage or beans on most days.

*"Me, my favourite food is Sunday Kos, it is made Wednesday also"* - Student. We serve that special Sunday meal on a Wednesday to help nourish the mid-week and possibly cater for those weekends that may lack this goodness.

*"The children come back to class happier and more energised after eating. It helps us with teaching as no one is then crying about being hungry or dizzy."* - Teacher

*"After eating, we get to see and experience better behaving kids, more attentive and full of energy to learn."* - Teacher

Through your giving, you are helping curb hunger, keep a child nourished and more importantly help provide a Christian Education to the future leaders, moms, dads and presidents of tomorrow.

With the lessons learnt through our Christian Teachings and the example you set, our children are destined to become better people and one day can look back and "pay it forward" by possibly first helping to feed someone else, then telling them about the Jesus they learnt and saw through Hearts For Jesus.

