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[www.youngbafana.com](http://www.youngbafana.com)

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## **NUTRITION FUNDRAISER INITIATIVE**

### **TRAINING DAYS**

***Before training:***

Banana or fruit with Imunut

***After training:***

Sandwich with butter, peanut butter, and jam and a steri stumpy plus protein drink (recovery and muscle replenishment)

### **TUTORING DAYS**

***Before lesson:***

Banana or fruit with Imunut

***After lesson:***

Sandwich with butter, peanut butter, and jam.

### **MATCH DAYS**

***Pre-match:***

Immunute with a fruit

***Post-match***

Sandwich, and Steri stumpy plus protein drink.

***Our wish list would be that we could add some soup in winter on the tutoring days and rice with veg and soy mince in summer (these items we received from Lunchbox fund). We would also like to add eggs after the match days.***

***This is based on us having the help from Interns once everything returns to normal.***

**Young Bafana HHH Soccer Academy**

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NPO: 133-644 Section 18A

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Product	Nutritional Facts			Price		
<b>Bread</b>  (a loaf makes 7 sandwiches)  <b>384 sandwiches per week</b>  <b>55 loaves per week</b>  <b>220 loaves of bread per month</b>	<u>White Bread</u> Serving Size 2 slices (80g) Per serve Energy 818 kj 196 kcal Protein 8.40g Carbohydrates 35.00g Sugar 1.80g Fat 1.00g Saturated Fat 0.500g Cholesterol 1mg Fibre 6.7g Sodium 361mg  <b>Calorie Breakdown:</b>  Carbohydrate (77%) Fat (5%) Protein (18%)	<u>High protein bread</u> Serving Size 2 slices (100g) Per serve Energy 950 kj 227 kcal Protein 11.70g Carbohydrates 34.00g Sugar 2.90g Fat 3.10g Saturated Fat 1.300g Cholesterol 4mg Fibre 6.1g Sodium 318mg  <b>Calorie Breakdown:</b>  Carbohydrate (65%) Fat (13%) Protein (22%)	<u>Honey and Oats</u> Serving Size 2 slice (50g) Per serve Energy 984 kj 236 kcal Protein 11g Carbohydrates 35g Sugar 0,20g Fat 3.2g Saturated Fat 0.600g Fibre 8.6g Sodium 306mg  <b>Calorie Breakdown:</b>  Carbohydrate (67%) Fat (13%) Protein (20%)	<u>White</u>  R13.39   <b>R2945.80</b> Per month	<u>High protein</u>  R15.99   <b>R3517.80</b> Per month	<u>Honey and oats</u>  R17.99   <b>R3957.80</b> Per month
	<b>Margarine 1kg</b>			R35.00 x8= <b>R280.00</b> per month 2 tubs a week		
	<b>Peanut Butter 800g</b>			R70.00 x 8 = <b>R560.00</b> per month 2 jars a week		
	<b>Jam 900g</b>			R34.00 x8 = <b>R272.00</b> per month 2 tins a week		
<b>Imunut</b>	Imunut is a ready to use therapeutic food (RUTF) product in the form of a paste. Enriched with protein, essential vitamins, minerals, energy and essential fatty acids, it is a vital tool in the fight against acute childhood nutrition. Imunut is manufactured by Diva Nutritional Products in compliance with SABS HACCP requirements			<b>R2212.00</b> a month for all four teams. Four training sessions a week.		
<b>Steri Stumpy</b>	Serving Size 1 bottle (250ml) Per serve Energy 832 kj 199 kcal Protein 15.20g Carbohydrates 22.00g Sugar 21.70g Fat 3.80g Saturated Fat 2.600g Fibre 4.2g Sodium 1994mg  <b>Calorie Breakdown:</b>  Carbohydrate (48%) Fat (19%) Protein (33%)			R12.99 for one R75.99 for six  64players x 4 sterie stumpie = R1024 per month  TTL <b>R13301.76</b> per month		



My calculations are as follows:

A total of **R19571.56** per month for the above nutritional needs

This would equate to **R306.00** per child per month

### Imunut

Ready to Use Supplementary Food is a supplementary food in the form of a paste. Enriched with protein, essential vitamins, minerals, energy and essential fatty acids. The product is used in the treatment of **Moderate Acute Malnutrition**.

Imunut is a ready to use therapeutic food (RUTF) product in the form of a paste. Enriched with protein, essential vitamins, minerals, energy and essential fatty acids, it is a vital tool in the fight against acute childhood nutrition. Imunut is manufactured by Diva Nutritional Products in compliance with SABS HACCP requirements



### Steri Stumpie plus protein

Steri Stumpie Plus Protein is a range of flavoured milk with added protein for faster recovery

