

# Stellenbosch Food Security Initiative Food Aid Intervention Study Quantitative results

**Compiled and written by Wessel van den Berg**

**Fieldwork conducted by Magdelien Spies**

**Katherine Hyman**

**Letitia van den Berg**

**30 November 2010**

## **Introduction**

The following information describes the quantitative findings of a study conducted in the greater Stellenbosch area with community-based interventions that provide food aid. The study was conducted in October and November 2010, and was focused on the communities of three towns: Stellenbosch, Franschoek and Paarl. It forms part of a larger investigation of food security in the area conducted through the Stellenbosch Food Security Initiative.

## **Key Findings:**

1. Broadly categorized, three types of food aid provision projects operate in the area. (Large NGO's, Diverse community projects and small projects)
2. School based feeding schemes provide the most meals per day.
3. Stellenbosch Voedingsaksie is the largest local single network that provides food.
4. Each town has an institutionalized network dedicated to social support, with some members focused on food aid (FRANCO, Valcare and SWOKK)
5. The church network in Stellenbosch provides an example of a non-institutionalized network of food aid projects.

## **Research Approach**

The strategic goal of the Stellenbosch Food-security Initiative (SFI) research project is to increase the level of food security for Stellenbosch as a whole, and the poor in particular. In the research plan, one of the aims towards this has been defined as:

*To understand the role played by civil society and specifically the non-governmental sector in the provision of food relief and food aid to the community of Stellenbosch.*

As a component of this larger research the focused aim of the study conducted was defined as:

*To understand the coping strategy of acquiring food through civil society interventions that relate to food aid and food security projects.*

One of the outputs of the research is a database of projects. A starting premise was that there are networks of projects in the area, and that key informants will be aware of these networks. The nature of the information is very dynamic as new projects arise and existing projects close all the time. A research design was developed for the study that supports this dynamic nature of the database, and enables the research team to continue growing the database and remain in touch with the latest developments in the networks. The study combined open-ended key informant interviews, an in-depth survey questionnaire and a short survey questionnaire. Key informant interviews happened before, during and after the conducting of the survey. This was done to ensure that key informants could alert the research team about potential gaps in the research. The questionnaires are attached in Appendix A and the key informant list is attached in Appendix B. The survey used both questionnaires, and was conducted telephonically and over the Internet. An Internet-based account

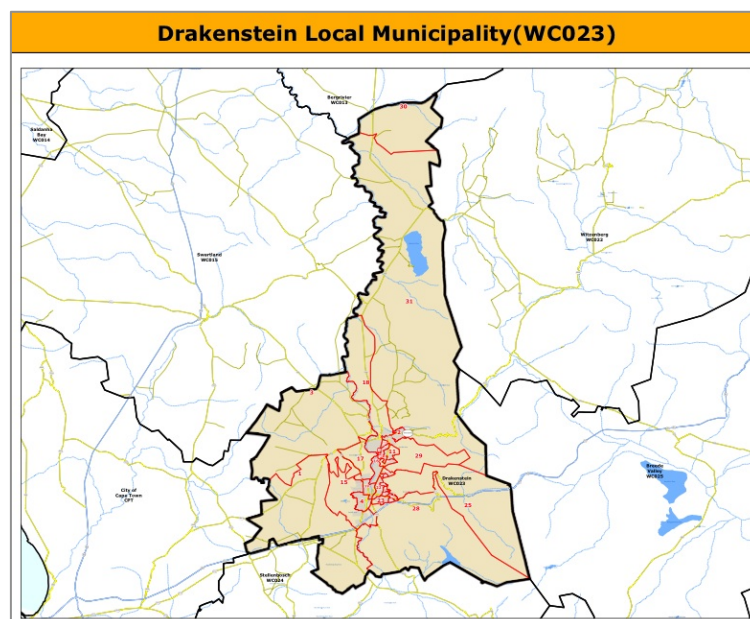
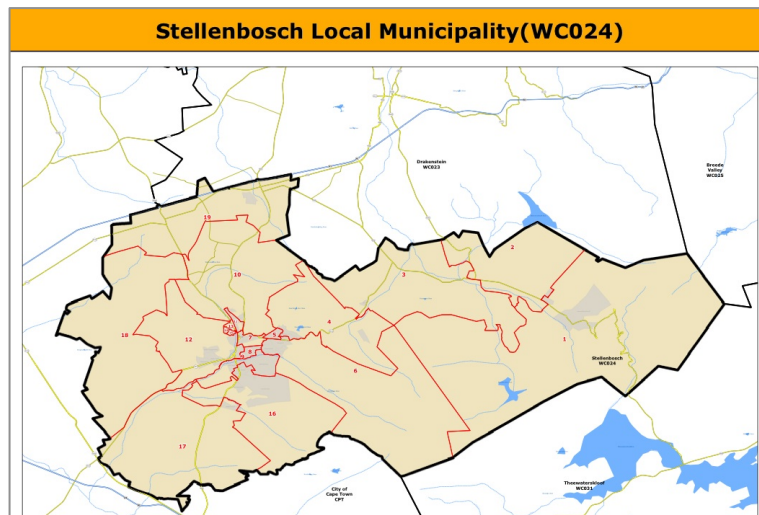
was opened that hosts the survey questionnaires, latest updates to the database, an email account and a public website.

These can all be accessed at <https://sites.google.com/site/stellenboschfood/> .

A list of food gardens was also obtained from the Department of Agriculture and added to the database. The list of telephone numbers for respondents was compiled from information gathered through the Internet and referrals from key informants. In addition three contact lists were used namely a list of schools, a list of churches and a list of food-gardens. These and their sources are attached in Appendix D.

### **Geographic sample area: Greater Stellenbosch**

The research was focused on the greater Stellenbosch area. The responses were drawn from the Cape Winelands district municipality, however the survey focused on three town centers in the area, from two different local municipalities. The three town centers surveyed were Stellenbosch, Franschoek, and Paarl. These are defined as 'greater Stellenbosch' for the purpose of this study.



### Respondents

Projects that qualified as respondents in the study were defined as:

*Civil society interventions that assist community members with food aid or conduct food security projects.*

### Prevalence

In this study the word prevalence is used to describe the number of institutions responsible for providing food. Number of projects and prevalence are often used as synonyms.

### Meals per day

In order to gain standardised estimates of the amounts of food provided, the measure of meals per day was used. Some responses provided information on meals per week or month, or amount of beneficiaries. The assumptions and calculations that were made are noted in the database. The major assumption to bear in mind was that 'daily' has been defined as five times a week. This was guided by the fact that the greatest amount of responses was received from school-based projects, that provide five meals per week.

### **Response categories**

Projects included in the study were categorized as follows, and the database is disaggregated as such.

1. Faith based feeding schemes
2. Faith based soup kitchens
3. Food garden development projects community
4. Food garden development projects individual
5. NGO run feeding schemes where corporations are key donors but play no role in process and simply donate food
6. Other faith based food projects
7. School feeding schemes to schools that cannot access formal DOE feeding scheme partners
8. Soup kitchens and other feeding schemes (NGO oriented – non faith based)
9. NGO food security work by organisations whose express brief is Food Security in Stellenbosch

## Findings

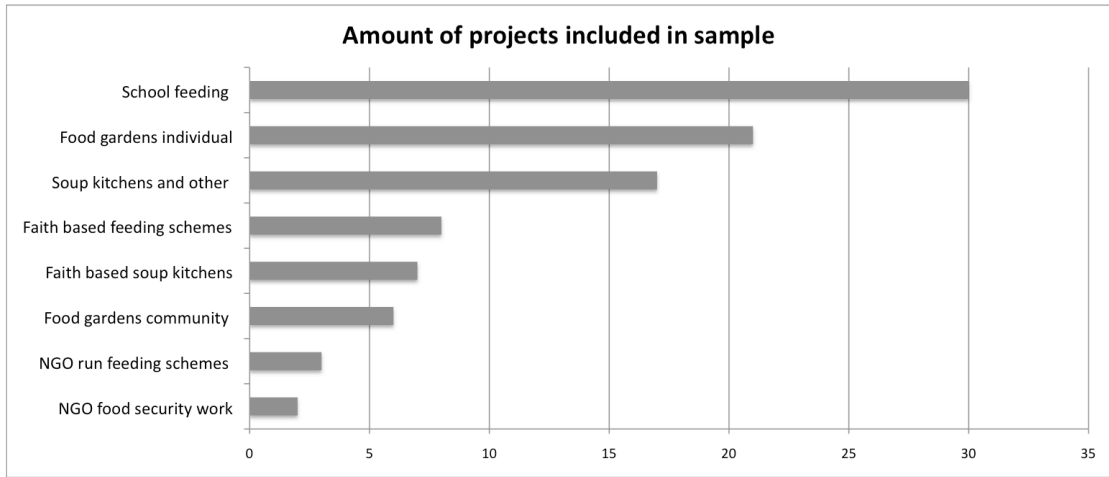
From 131 respondents, a total of 94 projects were included in the study. Table 1 lists the totals of these responses received, by category and location. Most of the 37 projects that were excluded were schools that provide government supported food. The rest in this group participated in the study but were either not providing food, or had recently closed down completely.

**Table 1: List of respondent categories**

	Stellenbosch	Paarl	Franschoek	Other	Total
Faith based feeding schemes	5	2	1	0	8
Faith based soup kitchens	2	2	3	0	7
Food garden development projects community	1	1	2	2	6
Food garden development projects individual	9	5	3	4	21
NGO food security work by organisations whose express brief is Food Security in Stellenbosch	1	1	0	0	2
NGO run feeding schemes where corporations are key donors but play no role in process and simply donate food	0	1	0	2	3
School feeding schemes to schools that cannot access formal DOE feeding scheme partners	10	13	6	1	30
Soup kitchens and other feeding schemes (NGO oriented – non faith based)	3	8	4	2	17
<b>Total</b>	<b>31</b>	<b>33</b>	<b>19</b>	<b>11</b>	<b>94</b>

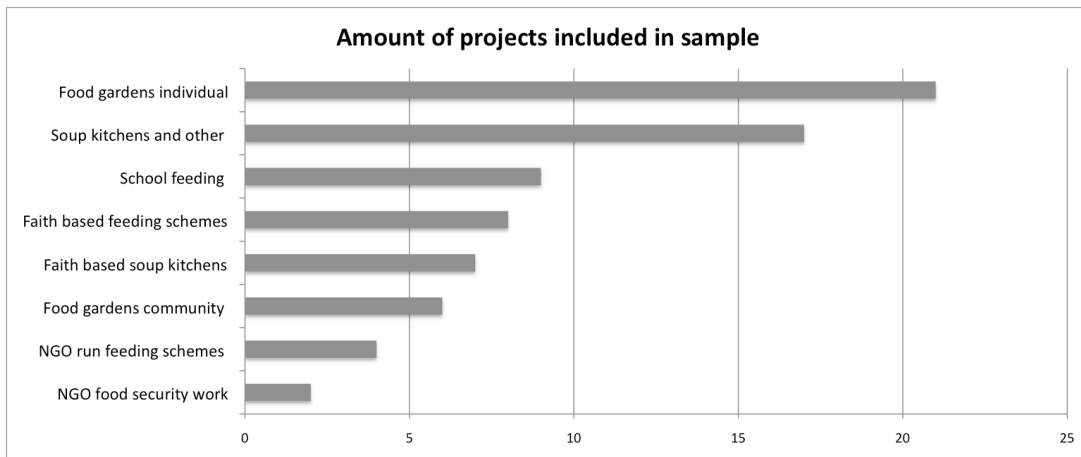
### Cluster one: Most prevalent types of projects (Small Projects)

The most prevalent kind of projects in the sample were school feeding schemes and individual food gardens. The different categories are compared with each other in figure 1. The chart is arranged from the most prevalent category of project to the least prevalent category from projects in the sample.



**Figure 1: Amount of projects included in sample**

The most prevalent type of project in the above chart is *School feeding schemes to schools that cannot access formal DOE feeding scheme partners* with 30 schools included in the study. This is an example of an effort that reaches a large (3273) amount of people. The amount of schools involved however presents the illusion that they are independently providing food. Actually, in this case one organisation plays an important role. The Peninsula School Feeding Association supports 21 of the 30 schools, and only the remaining 9 schools have differing ways of acquiring food to provide to children. The schools were included and surveyed in the study as separate entities since it provides a working example of civil society collaborating with a government network to reach a relatively large amount of people with food aid. If one considers these schools as one category however, the picture changes.



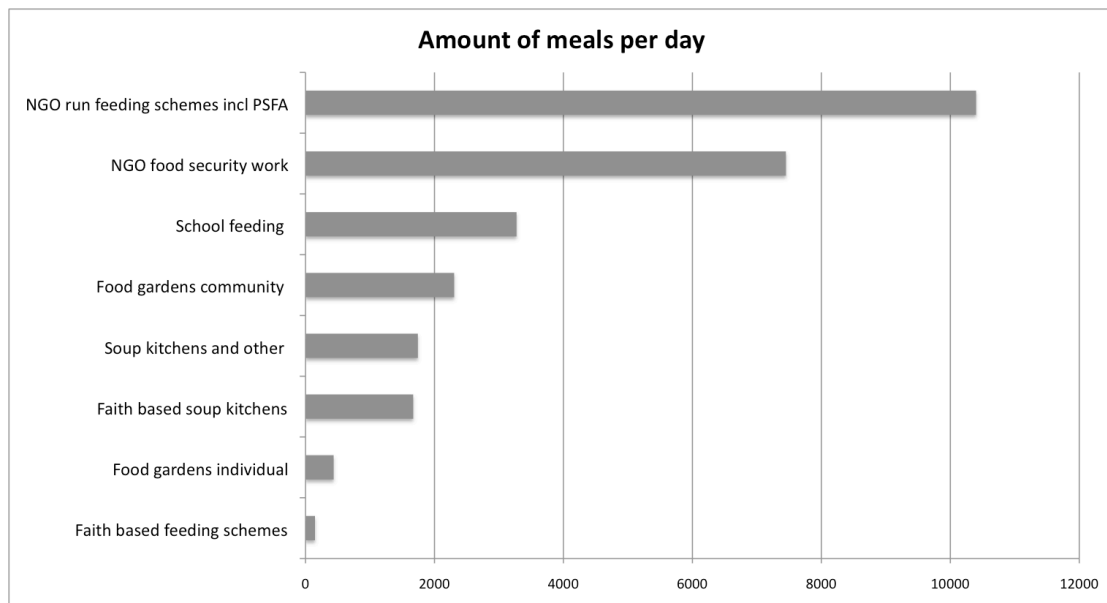
**Figure 2: PSFA Schools regarded as one NGO run feeding scheme**

*NGO run feeding schemes* slightly increases and *Individual food gardens* and *Soup kitchens* now become the most prevalent. These two types now forms one cluster of projects, as projects that are most prevalent. This cluster is discussed below as Small Projects.

**Cluster two: Projects that provide the most meals (NGO's)**

Individual food gardens, although very prevalent, only provide 436 meals per day. Soup kitchens across the area provide the much higher amount of 1742. Non-Governmental Organisation (NGO) run

feeding schemes (including PSFA) provides the most meals as seen in figure 3. Two other feeding schemes, focused on food security join the PSFA as the largest providers of food in the area: Stellenbosch Voedingsaksie and the Rotary Children’s Feeding scheme in Paarl.

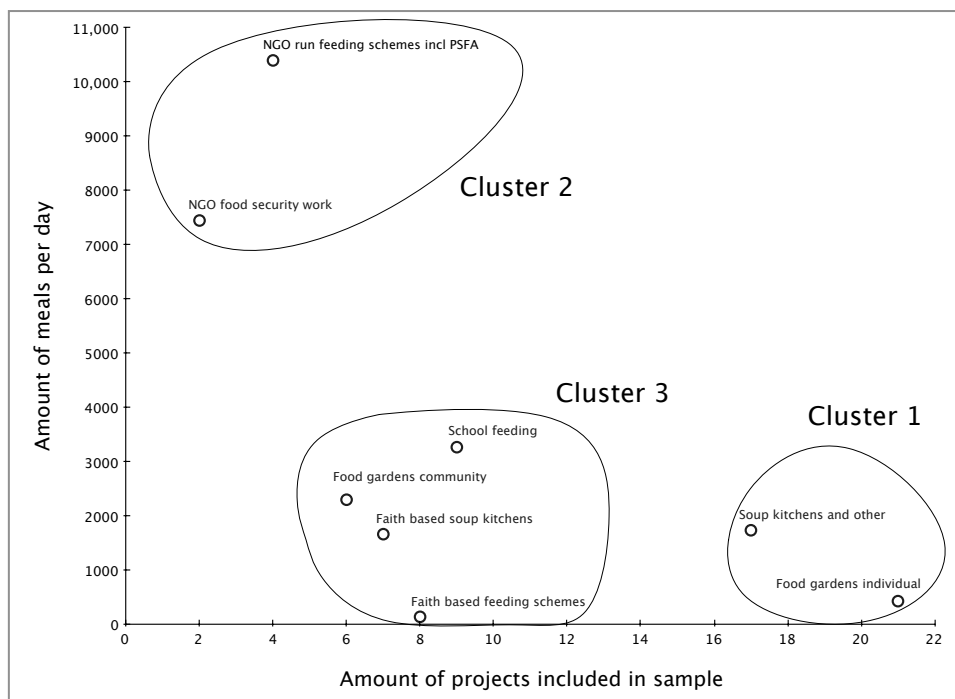


**Figure 3: Amount of meals per day according to category**

This forms a second cluster of groups, those projects that provide the most meals per project. In total, PSFA, Stellenbosch Voedingsaksie and Rotary feeding scheme provide 17 850 meals per day. This cluster is discussed below with the name NGO’s.

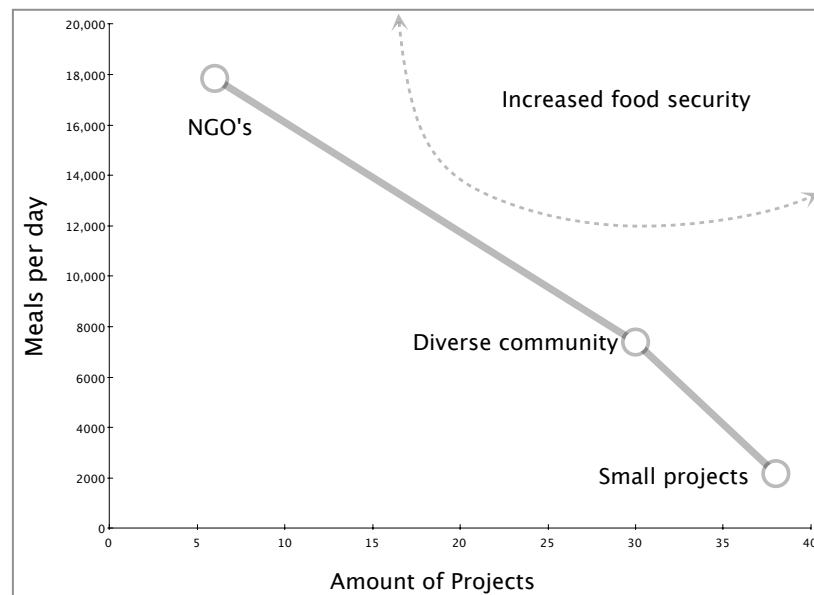
**Cluster Three: diverse community projects**

The remaining projects share similar ranges in terms of amounts of projects and amounts of meals provided. Figure 4 displays the three clusters that emerge from the data captured.



**Figure 4: Three clusters of project types**

The projects in the third cluster have neither a high amount of meals per day, nor are they particularly prevalent by type. This group includes school feeding schemes, community food gardens, faith based soup kitchens and faith based feeding schemes. They share characteristics of being community based, being affiliated to larger entities and diverse. This group is discussed below as Diverse Community Projects. The picture becomes even clearer if one arranges the clusters according to their total amount of projects, and total amount of meals delivered per day. Figure 5 presents this and demonstrates a potential scenario for increased food security.



**Figure 5: Totals of clusters and food security scenario**

The clusters of data are identified as follows:

- NGO's are the three large organisations that deliver the most meals per day in the area.
- Diverse community projects are a collection of projects that collectively provide more meals than individual food gardens and small soup kitchens, but are less prevalent.
- Small projects are very prevalent but do not deliver a high amount of meals.

In Figure 5, increased food security is positioned as a higher amount of projects providing more meals per day. Two assumptions underlie the suggested scenario. The first assumption is that a higher amount of institutions is more sustainable. The second assumption is that more meals available per day enhance food security. The scenario suggests that more institutions that are able to deliver more food collectively will increase food security in this sector. Each cluster will be discussed in the light of this scenario, with an example from each group.

### **NGO's**

All the meals delivered by the larger NGO's are dependent on only four institutions. If one institution collapses, or loses funding, a large amount of people will lose a daily meal. The organisations are dependent on their own sources of sponsorship or funding, and if this becomes threatened the risk



increases for the end-beneficiaries. A strategy to mitigate this threat, is to build more relationships with recipients and supporters. One of the organisations in the group provides such an example.

### Example of an NGO: Stellenbosch Voedingsaksie / Feeding in Action

An extract from the Stellenbosch Welfare and Development Coordination Committee (SWOKK)<sup>1</sup> data base reads as follows:

Stellenbosch Voedingsaksie began as a concept of compassion in 1994, and involves the Stellenbosch community as much as possible. Churches, service organisations and other feeding projects, the Stellenbosch municipality, the University of Stellenbosch, the Stellenbosch chamber of commerce and several other institutions and volunteers are involved in driving this project as a community project. In November 2004 the project was registered as a Section 21 not for profit organisation. The project focuses on vulnerable people such as those living in poverty, infected or affected by HIV and TB, children, the elderly and the homeless. The project is made possible through the support of the community, and especially through the selfless service of 300 volunteers.

In the current study Stellenbosch Voedingsaksie (SVA) reported delivering approx 4000 meals per day. About half of the beneficiaries were reported as younger than 18 years old and the gender estimate was also half. SVA provides a good example of a networked and embedded organisation in the area. The organisation reduces the risk stated above by depending on a diverse range of food sources. Their food is bought and donated. Food is donated by the Foodbank CT, numerous supermarkets, restaurants, smaller food stores and deli's. Food is bought from local bulk suppliers who provide a discount. Further financial support is accumulated through donations from individuals in the community, churches and a few companies. The organisation further reported in the current study that they 'are part of a large network of organisations that operate amongst poorer communities, working hard and selflessly towards a future in which all and any type of malnutrition is eradicated.' This statement is supported by 6 other projects from the in-depth survey referring to SVA as a known food aid project, and 2 projects reporting that they are supported by SVA.

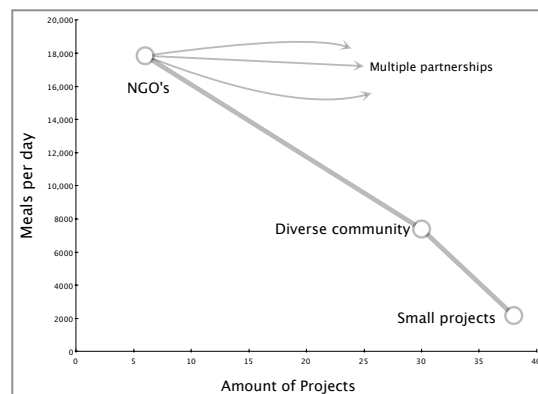


Figure 6: Large NGO's increase their partnerships

Amongst the grouping of large NGO's Stellenbosch Voedingsaksie provides an example of a networked and community driven association. A multitude of relationships branch out in both the upstream and downstream networks of the organisation. This presents a practical example of a

<sup>1</sup> www.welnet.org.za

strategy for enhanced food security for large NGO's. Following the dynamic proposed in figure 5, to enhance a contribution to food security further, an NGO such as Stellenbosch Voedingsaksie would only need to continue as it is currently doing, and keep on increasing the meals per branch, and amount of sources and projects supported (see figure 6).

### Small Projects

Small Projects are very prevalent but do not deliver a high amount of meals. The projects are also much more vulnerable to institutional failure than the other two groups. On the other hand, there are so many of these projects that if one or two fail there are still a few others to step in. These projects are also able to respond to emergencies quickly. For the current study the Franschoek Resource and Networking Community Organisations (FRANCO) network in Franschoek provided the best information on projects such as this. In the whole study, 38 such projects were surveyed. These are individual food gardens and non-faith based soup kitchens. One example of such a soup kitchen is Liwa Lethu Centre in Franschoek.

### Example of a small project: Liwa Lethu Centre in Franschoek

Nsonele Ndboza is the coordinator of the centre. She reported as follows:

I buy the food from grants from another organisation. They give me R1000 per month but now the money has stopped. They do not have any more money. I cook porridge and lunch. Some parents pay R50 per week and I also buy food from that money, but the parents who work seasonal work on the farms have no money.

Nsonele reports that the children she supports are mainly from farms and the informal settlements around Franschoek. She feeds 30 children aged 2 to 5 daily. In Franschoek, the projects that fall in this category of soup kitchens amount to 5 and the total amount of meals per day that they are able to deliver are 438.

The value of such an organisation lies in the fact that such a project is in touch with the most needy.

The projects have the flexibility to provide an immediate response, based on the project leader's judgment, without the need for a paper trail of permission.

The vulnerability of such an organisation has been mitigated by the fact that it has joined the FRANCO network. In the FRANCO database a record is kept of how the project is doing, and if there is a need for immediate support FRANCO can respond. The status of the project at the time of writing was that the project is 'OK for now'.

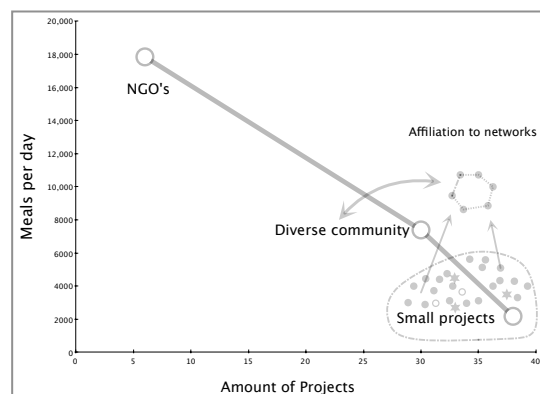


Figure 7: Affiliating and forming networks

Following the premise that more projects and more meals lead to greater food security, the projects should increase their total yield of food aid. A suggested strategy for such a project, and indeed groups of such projects, would be to join or create a network such as FRANCO or a slightly larger project (Figure 7). This is suggested by the above example and by the third category Diverse Projects. These are able to deliver more meals, and are mostly affiliated to structures such as schools and churches. The immediacy of response could be kept intact by the projects remaining separate, while endeavoring to become better linked. The short survey in the current study however highlights that this is easier said than done, where a few projects report recent amalgamation or demise. The institutional environment amongst the small projects seems to be highly competitive, and any power such as affiliation to a resource is highly sought after. This active and dynamic movement amongst the small projects becomes a threat to food security if a project is closed down and the beneficiaries are not absorbed elsewhere.

### **Diverse Community Projects**

This cluster is a collection of projects that collectively provide more meals than individual food gardens and small soup kitchens, but are less prevalent. This group includes community food gardens, faith based soup kitchens, and faith based feeding schemes and school feeding schemes. The amount of meals delivered by this group is less vulnerable to collapse than either of the other groups, as there are more groups to contribute to the overall food aid need than group one, and the projects are more resilient than the small, vulnerable projects in group two. This group consists of 30 projects that provide a total of 7395 meals per day. A shared theme across the four types of project in the group is the fact that these projects are associated with larger community structures. These are schools, communities of faith, and neighborhood communities. This enhances the ability of each project to reach more beneficiaries, and also to gain more support.

### **Example of a community-driven food garden: Stellenbosch Community Development Programme**

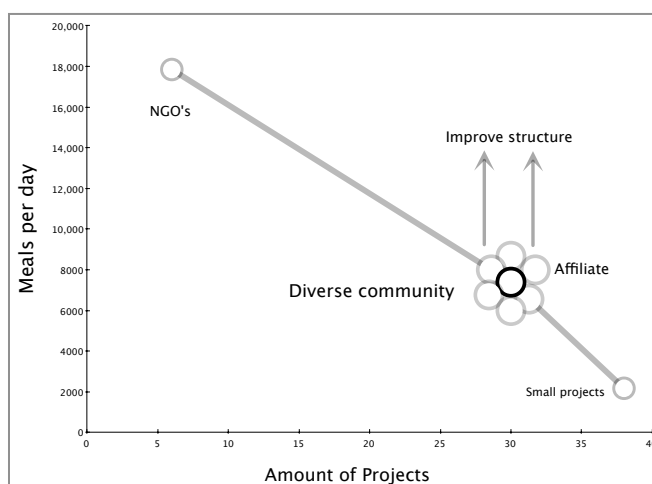
This project began in 2005, and provides 1400 meals per day, mostly to children and unemployed women living in Kayamandi. It combines a strategy of distributing donated food and growing food. Food is donated from Tiger Brands, Pioneer foods, Timberlea farm and HH dairy. The project is embedded in a network of projects in the Kayamandi neighborhood. In the survey, the coordinator Jacques Treadway states: 'We all depend and interlink with one another.'

The project is faith based, and proud that they can make a difference to the lives of more than 1200 children daily. Jacques states that a challenge they have set for themselves is to establish a system of good governance, accountability, and responsibility. The challenges the community faces are mentioned as: Poverty, malnutrition, domestic violence, HIV/AIDS, crime, and drug or alcohol abuse.

When commenting on how the programme responds to the challenges of the community, Jacques wrote:

All the NGOs in Kayamandi have different areas that we focus on. To combat all the challenges, we network with one another to find ways to combat all the challenges together. There's just too much going on for us to be like islands...therefore, the biggest difference we are making in this community is by working together, towards a common goal...for the good of the community of Kayamandi. Together, (through GOD's Grace and Blessings), we are combating malnutrition, poverty, crime, domestic violence, drug/alcohol abuse and HIV/AIDS.

The programme provides an example of a bridging phase between small vulnerable projects and the large NGO's. Where the small projects need to go and find larger affiliation opportunities to enhance food security, projects that are similar to this cluster should look for affiliation and collaboration opportunities within and around their existing networks. This would strengthen the ability to deliver more meals to those that need it. A



**Figure 8: Improving structure and affiliation**

second imperative would be to become more structured, in order to reach more people with food, more regularly (Figure 8). Once again, this should however be balanced by the need to maintain multiple relationships and partnerships. As Jacques stated in his description of the challenge to become more structured, and accountable, this would move the projects in this cluster closer to the delivery systems and abilities of the larger NGO's, but with the existing partnerships and networks in place. Table 2 presents a summary of the strategies that are suggested for the different clusters to enhance food security with the food aid sector.

**Table 2: Summary of risks and strategies**

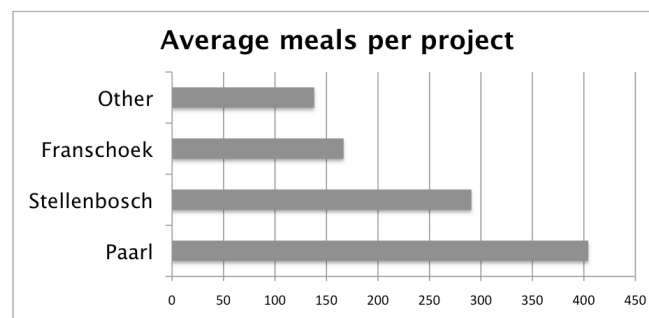
Grouping	Risks	Strategy
NGO's	Large amount of beneficiaries harmed if one institution collapses	Increase multiple branches from upstream sources and downstream recipients
Small projects	Vulnerable to collapse due to severe lack of resources and competition	Create or join affiliations and networks
Diverse community projects	Competition for resources Loss of diversity and multiple connections to community	Improve systems, but retain affiliations as priority over increased structure

### Geographic spread

The three towns that were used as foci for the study were Paarl, Stellenbosch and Franschoek. This was regarded as the greater Stellenbosch area. Within the sample surveyed, the town area that had the projects with the most meals per day and the most projects was Paarl. In the sample from the Cape Winelands Municipality 11 projects were included that do not fall within one of the three town centres.

**Table 3: Average meals per day by projects and town**

	Meals per day	Projects	Average per project
Paarl	13343	33	404
Stellenbosch	9014	31	290
Franschoek	3166	19	166
Other	1519	11	138



**Figure 9: Average meals per project per town centre**

According to the argument discussed above for greater food security within the sector equating to more meals per day and more projects active, Paarl provides the best example with the highest amount of meals and projects surveyed. The town also has a set of projects of each kind of the three clusters discussed above (NGO's, Small Projects and Diverse Community Projects). It would therefore be strategic to focus further research on best practices and strengths around Paarl.

### Limitations to the study

- Sampling was based on key informant interviews and snowball sampling. The snowball sampling technique was however not completed fully. The sample is regarded as representative, but there are some areas that need to be confirmed and completed. The study used contacts gleaned from contact lists that were available, and from recommendations offered by key informants. The instances where the organisations collaborate can however also be documented better. This would require a further layer of surveying, where both institutions involved in a partnership are involved in responding to the survey. The current study conducted direct interviews with all the projects, small and large. It was largely conducted as a bottom up process. A strong set of data of small projects has

been generated. This should now be matched with the information databases from the three large NGO's that each operate in a particular area (Rotary Feeding in Paarl, PSFA across the three areas, and Stellenbosch Voedingsaksie in Stellenbosch.) This would make the meal-count more accurate, and also identify small projects that the NGO's have not been able to identify.

- Food garden beneficiaries cannot be clearly defined and calculated as meals per day.

### **Conclusion**

The argument demonstrated above is a moving target, and should be viewed in the larger context of the actual need for food aid, in the complex system of food security.

The data should not be viewed as an isolated study of food aid. The reality is that all of the respondents function within a larger, complex system of flows of food. An argument could be made that we want people to depend less on food aid, and more on food acquired through the economy, and that this will enhance food security. A recommendation is made that the results of this study are not only added to a larger study, but are actively integrated as a dynamic sector in the larger system of food flows in the area. The boundaries of the sector would be defined by the sources of food that the projects depend on. As demonstrated in the in-depth survey, most projects buy or receive their food from supermarkets. This scenario of the sources of food is discussed in more detail in the qualitative discussion document.

### **Recommendations for further quantitative research**

- Delivery sites of all three large NGO's are recorded and interviewed, similarly to PSFA.
- Relationships and multiple category projects are defined
- The survey instruments remain in use, but they are refined according to the categories and results found above.
- A historic analysis is done of both large and small projects, to learn lessons about sustainability. Some of the small projects such as the Stellenbosch Catholic church soup kitchen started in 1989 and is still going.
- A quantitative analysis is done of food-gardens to determine how many meals can potentially be produced per garden, per beneficiary, or if such a calculation is even possible.

### **List of Appendices:**

Appendix A: Survey Questionnaires

Appendix B: List of Key informants

Appendix C: List of projects included in Survey