

Phelisanong Orphans, Disabled, and HIV/AIDS Project

a community project in Lesotho, southern Africa

While Phelisanong is involved in long term food security initiatives, there is a need for short term food aid for those most affected by HIV/AIDS. Patients on anti-retroviral therapy (ART) require nutritious food to supplement their medications, and Phelisanong has found that adherence to medications has vastly improved with the introduction of community suppers. Orphans, particularly those looking after younger siblings after the death of their parents, are also invited to participate in the emergency feeding program.

Three times a week, 150-200 orphans and 30-50 ART patients gather to share food. Phelisanong provides grain, bread, and eggs, while community members contribute produce and fruit from their home gardens. The feeding program is a forum for Phelisanong to monitor the well-being of orphans in their community, and to assist ART patients in sticking to their medications.

This is a project of Glasswaters Foundation, a Canadian foundation who facilitate indigenous communities to break the cycle of poverty through health, education, nutrition and shelter supports.

Canadian donations are tax deductible when cheques are made payable to Glasswaters Foundation.

Cost of Feeding Program:

**Weekly: \$200
Monthly \$800**

**TOTAL
Annual Cost
CDN \$ 9,500**



To contribute, please send a cheque to:
Glasswaters Foundation, PO. Box 595, Campbell River B.C., V9W 5T9
Canadian donors will receive a tax receipt.

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