



HUMBLE SMILE
FOUNDATION

ECDs in Alex – Needs Assessment Report
MEAL Department – Humble Smile Foundation
2022

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Key Findings

- 10 ECDs in Alex were assessed by HSF for their needs and assets
- 12 Health Promoters from City of Johannesburg (CoJ) were trained to conduct a Needs Assessment (NA)
- 40% of participating ECDs are level A (registered), 20% are level B (partially registered), and 40% are level C (non-registered)
- 82% of all workers in ECDs are females
- 40% of ECDs reported that 80-100% of their students own their own toothbrushes at home, while 10% reported that 20% or less have their own toothbrushes at home
- Issues reported with toys in ECDs commonly include toys either being insufficient to cover all children, or being too expensive to afford
- All ECDs ranked teaching children how to take care of their mouths and oral health as Very Important (90%) and Important (10%)
- 90% of assessed ECDs listed Nutrition and Food Safety as their main training need
- 70% of reported parents of children provide materials or other resources to the ECD
- Among 10 ECDs, only 1 child living with a disability was present
- Among 10 ECDs, the age group with the highest population is between 3 and 4 years of age
- The average staff: student ratio is 1:11
- All centers reported complying with policies that determine children-to-staff ratios, as well as policies that protect children from domestic violence
- All centers reported having systems for reporting domestic violence or child abuse within the ECD. This is likely inaccurate and subject to bias, due to fear of legal liability by the ECDs.

Introduction

Alex is an informal settlement in South Africa. Though initially built for a population of 70,000 people, there are now 750,000 people living in the area. In this settlement, many parents are frequently absent to complete work in other areas. All children are expected to begin attending school at the age of 6. Because parents are gone often, Gogos, the highly respected elder women of the area, contribute to taking care of the children and their education. Before turning seven years of age, children attend Early Childhood Development centers (ECDs), which are commonly run and owned by Gogos. Children aged one through six attend these centers to be prepared for school, and sometimes older. Each center is expected to be registered with the government, but some are not, due to the governmental regulations and requirements to register a new ECD. There are three levels of registration: registered (A), partially registered (B), and unregistered (C). Due to lack of registration, many centers lack resources and facilities for staff and children, sufficient health education, and compliance with governmental policies. However, centers do not need to be fully registered to receive funding. Instead, centers must have a document from the department of health. The purpose of this data collection is to understand what resources are readily available for the ECDs and which resources are missing to address health and assets needs.

For this project, 12 health promoters from the City of Johannesburg (CoJ) Department of Health (DoH) were trained by Humble Smile Foundation (HSF) to conduct needs assessments for ECDs via digital data collection. Each ECD that participated in the questionnaire consented to having their data collected and having a needs assessment conducted. Due to government policies placed on ECDs and fear of legal liability, it is possible that reporting desirability bias may occur from participants to provide favorable answers, with the aim of preventing the centers from getting into trouble.

Demographics

Below is a table 1 demonstrating the 10 ECDs included in this needs assessment.

ECD Name	Registration Level	Operating Hours (per day) – Monday to Friday	Total Space Utilized Approximately (m ²)	Population Number (staff)	Population Number (children)
Amukelani Day Care	C	7 AM – 5 PM	-	4	32
Sediba Sa Thuto	A	6 AM – 6 PM	-	4	47

Connie's Day Care	A	7 AM – 5 PM	10	4	54
Sibahle Day Care	C	6:30 AM – 5 PM	5	3	25
Alex Educare	C	7 AM – 4 PM	10	2	60
Happy Hours Day Care	C	7 AM – 5 PM	14	3	31
Jesus Is the Answer	A	6 AM – 6 PM	-	5	67
Siqalo Day Care	B	6 AM – 5 PM	5	5	46
Mogotladi Early Learning Centre	B	6 AM – 5 PM	7	5	71
Reach For the Stars Day Care	A	7 AM – 5 PM	35	6	23

Of the 10 ECDs being observed, all are owned by one or more Gogos. 60% of the centers have 4 or less staff members.

Additionally, 60% of centers have 40 or less children, the remaining 40% of centers has between 41 to 71 children. Of the children present in the ECDs, 100% of ECDs only have Black/African children. One center, however, also has Colored children (Jesus Is The Answer).

40% of centers participating are level A (registered), 20% are level B (partially registered), and 40% are level C (unregistered).

Of the 10 ECDs assessed for their needs, the main member of staff who provided information to the health promoter was the owner in 6/10 ECDs, the ECD's Principal in 2/10 ECDs, and a teacher/staff member in the remaining 2 ECDs.

ECDs are meant to follow staff to student ratio policies. Using the average numbers of staff and students from the sample, there is **1 staff member for about every 11 children** in the ECDs assessed. However, the current policy for the child to staff ratio in South Africa is 1 staff member for every 6 children. Only one of ten centers assessed fit this criterion.

Centers that participated in the questionnaire were asked to report the age and sex distribution of children in their center. **The age group with the highest population is between 3 and 4 years of age.** Of all the ECDs, there was only one child living with disabilities mentioned in the ECD populations. The distribution of children in the sample by age, sex, and disability is shown below in Table 3.

Age Group	Distribution	Sex Distribution (F%/M%)	Children with Disabilities
0-1 yr	6.58%	33%/67%	0
1-2 yrs	10.75%	35%/65%	0

2-3 yrs	12.5%	56%/44%	0
3-4 yrs	27.85%	47%/53%	0
4-5 yrs	21.7%	47%/53%	1
5-6 yrs	19.52%	49%/51%	0
6-7 yrs	0.22%	100%/0%	0
7-8 yrs	0.44%	100%/0%	0
8-9 yrs	0.44%	0%/100%	0
9+ yrs	0%	0%/0%	0

Table 4 demonstrates the Staff to Child Ratio in ECDs, and the distribution of children per ECD by sex.

ECD Name	Staff	Number of Children	Staff to Child Ratio	Sex Distribution of children (F%/M%)
Amukelani Day Care	4	32	1:8	56%/44%
Sediba Sa Thuto	4	47	1:11.8	55%/45%
Connie's Day Care	4	54	1:13.5	43%/57%
Sibahle Day Care	3	25	1:8.3	64%/38%
Alex Educare	2	60	1:30	42%/58%
Happy Hours Day Care	3	31	1:10.3	52%/48%
Jesus Is the Answer	5	67	1:13.4	45%/55%
Siqalo Day Care	5	46	1:9.2	46%/54%
Mogotladi Early Learning Centre	5	71	1:14.2	37%/63%
Reach For the Stars Day Care	6	23	1:3.8	52%/48%

Centers were asked to describe their staff based on the types of workers present. 3/10 centers reported to have community health workers in the ECD, 5/10 have volunteers working, 9/10 have members of administration, 6/10 have experts in the ECD, while 7/10 reported to also have "other" workers within the ECD. Of the total staff of all ECDs, the majority were females, roughly 82% of all workers reported.

60% of ECDs reported that their staff received training in the past 4 years, of which First Aid training was the most common, for 3/10 ECDs, followed by Nutrition/Food Handling for 2/10 ECDs. Other previous trainings reported include Level 1 training, Basic ECD training, HIV/AIDS training, and firefighting training.

Resources and Facilities

Table 5 below demonstrates the availability of facilities in ECDs, and the challenges faced with those facilities.

Facilities Available	Number of ECDs	Challenges Faced
Electricity	10/10	Load shedding issues facing 2/10 ECDs
Water	10/10	Water shedding issues facing 1/10 ECDs
WiFi	3/10	Mostly cellular data paid out-of-pocket, WiFi is expensive
Kitchen	10/10	None reported
Sleep Area	10/10	Shortage of blankets and mattresses in 1/10 ECDs
Play Area	9/10	Small, insufficient space and poorly equipped for 3/10 ECDs
Garden	2/10	Lack of space
Hygienic/Ablution	9/10	No basins, insufficient toilets and broken toilet seats for 2/10 ECDs
First Aid Kit	10/10	Unequipped for 1/10 ECDs
Nearby Clinic	10/10	None reported

Though all reported having a sleep area, 1/10 of the centers reported a shortage of blankets and mattresses for all of the children. Along with these challenges, one center's first aid kit is not fully equipped. As mentioned in the chart above, one issue with electricity among the ECDs is load shedding. In Alex power outages are common due to many illegal electricity connections. In turn, load shedding therefore impacts everyone.

Table 6 below demonstrates the availability of resources in ECDs, and the challenges faced with those resources.

Resources Available	Number of ECDs	Challenges Faced
Toys (educational, building blocks, Legos)	10/10	Not enough toys for children, as toys are expensive – reported by 2/10 ECDs
Books (colouring, stories, educational, drawing, spelling)	10/10	Not enough books to cover all children in 2/10 ECDs
Educational games (engagement games, skipping rope. Colouring blocks to match, puzzles)	9/10	Unavailable in 1/10 ECDs, and shortage of games to cover all children in 1/10 ECDs
Arts & Crafts (posters, playdough, painting, beads)	10/10	Shortage of arts & crafts in 1/10 ECDs

100% of the ECDs reported to have toys, books, and arts & crafts supplies at their centers. However, one center reported they do not have enough toys because they have a lot of children. Another center reported that they also do not have enough toys because they are expensive. Additionally, many toys that are available are play toys rather than educational toys because of the high cost of educational toys. Similar problems were found with the centers' book supplies as two centers did not have enough books for the children. 10% of the centers also experience a shortage of arts & crafts supplies. 90% of centers have educational games available. 20% reported to have other resources available, such as cars, Takalani (a children's show in South Africa which is very similar to Sesame Street), and coins for counting. 70% did not have additional resources. 10% of ECDs reported a shortage in chairs, tables, and trampolines.

Policies

Policies Implemented	Number of ECDs	Further info.
Child: Staff ratio	10/10	None reported
Encouraging Parent Engagement	10/10	Local policies, 100% of ECDs reported compliance

Child Immunization	10/10	None reported
Child Social Protection	10/10	None reported
Mechanism of reporting domestic violence or child abuse in ECD	10/10	None reported

There are local policies to encourage parent engagement in the ECDs, which all of the centers reported following. **All centers reported that they comply with policies that determine children-to-staff ratios.** Additionally, **the centers report compliance with policies that protect children from domestic violence and to have systems for reporting domestic violence or child abuse within the ECD.** This is demonstrated in Table 7 above. These results are most likely inaccurate, and subject to desirability reporting bias due to fear of legal liability.

Oral and General Health/Hygiene

Questionnaire respondents were asked to rate the importance of teaching children how to take care of their mouths on a scale from 1-5, where 1 would indicate that it is not important and 5 indicates that it is very important. 90% of centers reported their ranking to be a 5, indicating it is very important. The other 10% stated that the importance was about a 4, meaning it is still important.

90% of ECDs reported implementing supervised toothbrushing programs within the past year. Moreover, 90% of the ECDs reported their children being subjected to oral health education within the ECD.

Participants were also asked to report on the children’s oral health habits at home. According to findings, 2/10 ECDs did not know how many children in their ECD own (and not share) toothbrushes. 1/10 of the ECDs reported that 20% or less of the children own their own toothbrush at home. 3/10 reported that 61-80% of the children have their own toothbrush at home, and 4/10 reported that 80-100% of the children have their own toothbrushes at home.

ECDs were assessed on whether their staff have received previous training in health, hygiene and/or nutrition. 7/10 centers reported participating in health, hygiene, or nutrition training for ECD staff, while the staff of the remaining 3 centers have not received training. All ECDs have free EMS training available to staff and students. In this training, children and staff learn basic first aid care in case of emergency.

100% of the centers rated the importance of training and development for ECD staff to be a 5, meaning that it is very important. 90% of those assessed claimed believing that their ECD staff

currently require training. Reported required trainings include level 5, nutrition, first aid, HIV/AIDS, computer, Educare, and hygiene training.

ECD respondents were asked to identify what community needs or gaps in community health and/or education should be addressed based on available resources and expertise. This is described further in Table 8 below. Common answers include social protection, nutrition & food safety, and oral health and hygiene.

Community Needs/Gaps Required to Be Addressed	Number of ECDs	Further info.
Nutrition & Food Safety	9/10	'Nutrition and oral hygiene are in need' – by 2/10 ECDs
Social Protection (risk management and support of the critically poor)	7/10	'Social interventions and social grants are in need' – by 2/10 ECDs
General Health and Hygiene	7/10	None reported
Oral Hygiene	7/10	'Nutrition and oral hygiene are in need' – by 2/10 ECDs
Child Protection (abuse, neglect, exploitation, violence)	7/10	None reported
Mental Health	6/10	None reported
Education	6/10	None reported
Poverty	5/10	None reported
Oral Health	5/10	None reported
Water Safety	5/10	None reported
Gender-based Violence	5/10	'In a society of many social ills, GBV affects children' and 'For a better and peaceful society' – by 2/10 ECDs
Homelessness	5/10	None reported
HIV/AIDS	5/10	'For a better and improved society because it affects children.' – by 2/10 ECDs
Tuberculosis	5/10	None reported
Financial Literacy	5/10	None reported
Addiction	4/10	None reported

Funding

Centers were asked if they have been or currently are affiliated with organizations that provide support and/or funds. 7/10 centers reported that they have or are affiliated with these organizations, the remaining 3/10 are not. Common affiliations reported provide funds, nutrition, health, and social development.

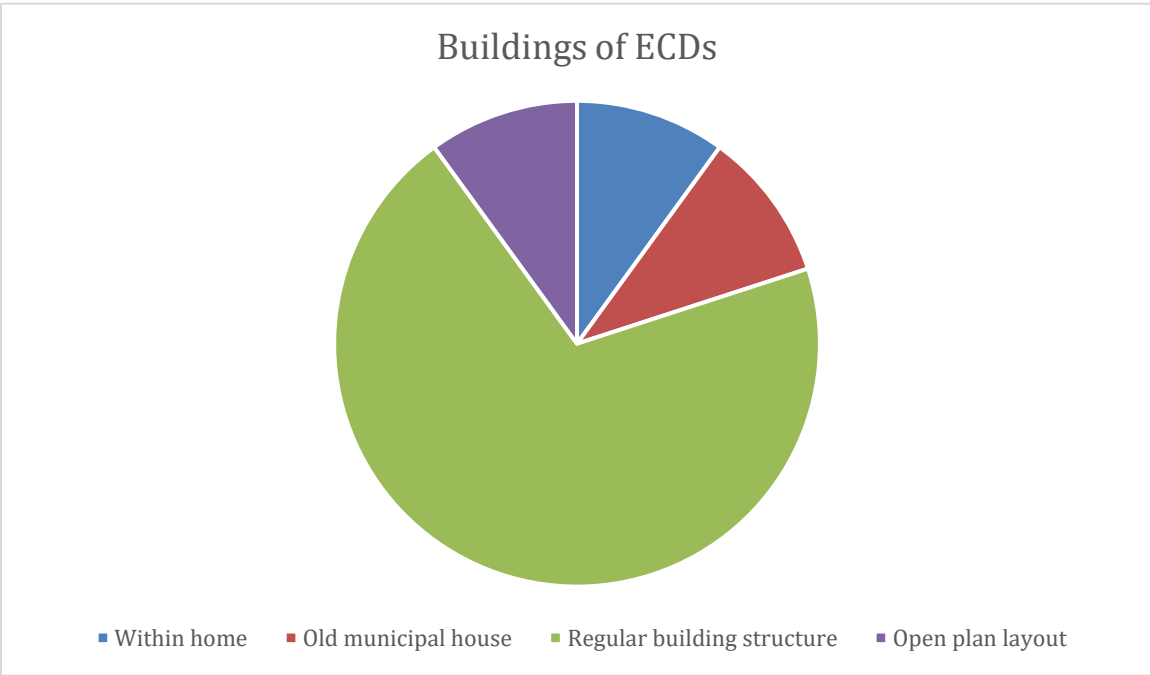
Of the current ECDs, 10% received no funding, 20% reported that their source of funding was monthly income, 20% depends on the payment of the parents, 10% rely on school fees, 10% rely on social development, 10% rely on health, and 20% rely on donations to continue supporting the ECD. The children's parents provide financial contributions at 7 out of 10 of the centers and 7/10 of assessed ECDs reported that the parents of children provide materials or other resources to the ECD such as finances, toiletries, stationary, uniforms, and blankets.

Additionally, centers were asked to report what sources of funds they have received in the past 3 years, mentioned below in Table 9.

Funds Received in The Past 3 Years	Number of ECDs	Further Info.
Monthly payments from parents	4/10	Many parents are not working, most do not pay, and some pay up to R200 (\$12.04) per month
Grants	4/10	None reported
Donations	3/10	Social development donations are often insufficient
Monthly Payments	1/10	None reported
None	2/10	None reported
No Answer Provided	1/10	None reported

Findings and Observations from ECD Images

Along with distributing questionnaires, health promoters provided a few pictures from each center to better imagine the space in which the ECDs take place. Pictures of ECDs are demonstrated at the end of this report.



Based on the pictures presented, a couple of the buildings and, other facilities such as the bathrooms, look outdated. Also, a common observation for the ten places is that many of the centers seem like they may be small for the number of children that attend the center.

Other observations made include the food provided to the children from the center. Several centers provided pictures of the menus. All places which provide menus seemingly provide a wide variety of foods including both healthy and unhealthy/sugary. Some common meals seen include white porridge or oats for breakfast, samp and vegetables, macaroni and cheese, and maize meals for lunch. Additionally, common snacks seen include fruit and bread with jam. Although balanced diets are not always provided at ECDs due to affordability, most centers are aware of the importance of nutrition.

The observations from provided pictures per ECD are shown below in table 10.

ECD Name	Observations from Provided Pictures
Amukelani Day Care	<ul style="list-style-type: none"> ● Colourful and organized ● Good variety of foods available on school menu including healthy options (and sugary foods as well)
Sediba Sa Thuto	<ul style="list-style-type: none"> ● Building plan ● Various food options for children ● Brightly coloured/decorated building
Connie’s Day Care	<ul style="list-style-type: none"> ● Different info written on different walls ● Small center ● Old model bathroom and toilets – requires refurbishing/renovation

Sibahle Day Care	<ul style="list-style-type: none"> ● Home ● Many food options for meals but quite sugary ● Center looks spacious despite the center being placed in the home of the owner.
Alex Educare	<ul style="list-style-type: none"> ● Building structure ● Looks spacious and well-equipped ● Bright and colourful ● Wide variety of food throughout the week
Happy Hours Day Care	<ul style="list-style-type: none"> ● Building structure ● Well-equipped kitchen ● Not many food options for the children ● Space looks cramped
Jesus Is the Answer	<ul style="list-style-type: none"> ● Building has space made out of bricks and well maintained ● Gives children options for meals (other places have not) ● ECD area unclear from photos
Siqalo Day Care	<ul style="list-style-type: none"> ● Building structure ● Small building ● Open center ● No information on food provided
Mogotladi Early Learning Centre	<ul style="list-style-type: none"> ● Open plan structure with space where children can play freely ● A lot of outdoor space for the children to play in ● Different food options for the children ● Different toy options available (arts, crafts, minions, cooking, musical instruments, etc.)
Reach For the Stars Day Care	<ul style="list-style-type: none"> ● Old municipal house ● Building looks outdated and requires renovating ● Not very spacious.

Discussion

Some ECDs are not able to produce desired holistic outcomes when preparing children for school due to not being fully registered. The underprivileged children especially are most impacted by lack of funding and unregistered ECDs, putting them at higher health and safety risk. Based on the different levels of registration reported, it is possible that some answers given were the answers participants provided for a more desirable outcome, thus losing some accuracy.

The questionnaire reviewed in the report is utilized to collect baseline information of resources, functionality, and gaps in current ECDs. Based on findings, different ECDs generally experience different problems, with a few in common. Given the current data, many resources are missing for ECDs including, but not limited to, funding, play space, toys, and gardens. Though some locations claim to have certain resources available, there are still common infrastructural challenges such as load shedding and lack of space. A few centers are very spacious, but some answers indicate difficulty with space or overcrowding within their facilities. 3/10 centers state

that they cannot have a garden at their center due to a lack of space. Amount of space also poses an issue for 20% of the centers and the play area that they can provide for the children. Other resources lacking within centers is Wi-Fi, despite information reported in the data. Though all locations reported to have Wi-Fi in the questionnaire, it was later discovered that some ECDs had cellular data, but not Wi-Fi. It was later confirmed that only 30% of ECDs have Wi-Fi due to the cost. These results are likely due to error and bias.



Due to the low percentage of children with disabilities that attend ECDs, it is possible that there is also a lack in training and/or resources to care for these children. Using the demographic data, children living with disabilities account for only 0.22% of ECD populations. The low number of children living with disabilities in ECDs could suggest that either ECDs are not inclusive of children with disabilities or may not be equipped with the required adjustments. This raises the question, where do disabled children in Alex go to prepare for their education? Instead, many disabled children attend specialized centers in Alex. Currently, according to CoJ DoH, there are two specialized centers.

Another resource that many ECDs lack is funding. Moreover, due to many parents being unemployed due to the pressing issue of unemployment in Alex, most do not pay ECD fees while some may pay up to \$12 per month. Additionally, payments that sustain ECDs including grants and donations are often insufficient to cover the needs of ECDs.

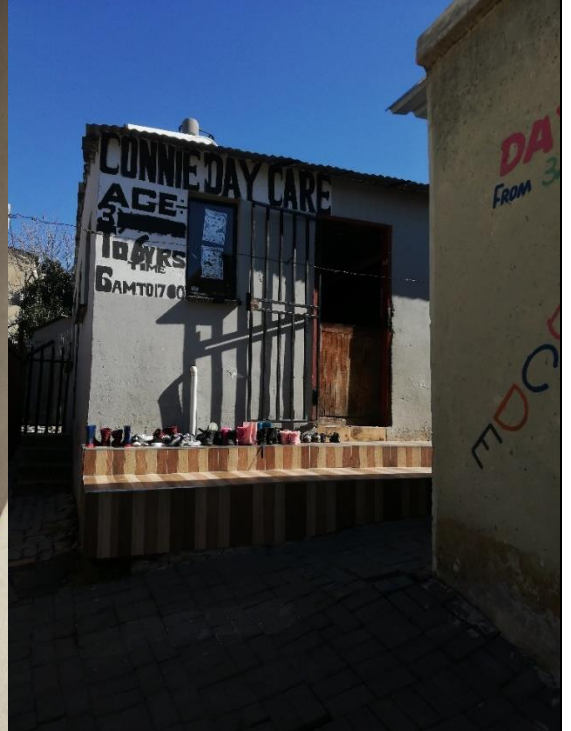
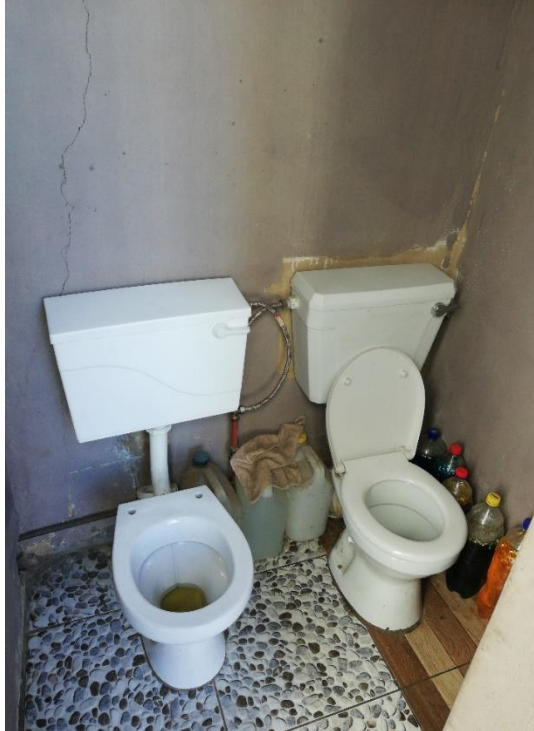
Project Recommendations

- Top staff training needs and gaps to be met include Nutrition and Food Safety, General Health and Hygiene, Oral Hygiene, and Social/Child Protection
- Renovation of food menus in ECDs post-training
- Sugar regulation policies in ECDs
- Fundraising for ECD programs
- Implementation of programs and activities to encourage more parent involvement
- In further data collection projects, bias must be accounted for to produce more accurate results
- Discuss practical means to make ECDs more friendly, inclusive and welcoming to children living with disabilities
- Ensure curriculum covers all important subjects and topics, and includes health education and promotion
- Expand project to include more ECDs to receive more representative data
- Get ECD units involved to understand true situation
- Activity whereby registered ECDs help partly and non-registered ECDs to improve their services and to become registered?

Pictures of ECDs

ECD Name	Picture(s)																																				
Amukelani Day Care																																					
Sediba Sa Thuto	 <table border="1" data-bbox="617 1144 1299 1512"> <thead> <tr> <th colspan="6">SEDIBA SA THUTO DAY CARE CENTRE</th> </tr> <tr> <th colspan="6">WEEK MENU</th> </tr> <tr> <th></th> <th>MONDAY</th> <th>TEESDAY</th> <th>WED</th> <th>THURSDAY</th> <th>FRIDAY</th> </tr> </thead> <tbody> <tr> <td>BREAKFAST</td> <td>MABELE WITH MILK</td> <td>WHITE PORRIDGE</td> <td>BREAD, JAM OR RAMA WITH MILK</td> <td>OUTS</td> <td>BREAD, CHEESE, EGGS & MILK</td> </tr> <tr> <td>LUNCH</td> <td>PAP, CABBAGE & SOYA</td> <td>MILIE RICE, SOYA & CARROTS</td> <td>Green Beans BRINCE & MACARONI</td> <td>SAMP, SOYA & BEANS</td> <td>RICE, FISH, CARROTS & PUMPKIN'S MILK</td> </tr> <tr> <td>AFTERNOON SNACK</td> <td>WATER/JUICE PEARS</td> <td>WATER, BANANA</td> <td>WATER/JUICE ORANGE</td> <td>WATER, APPLES</td> <td>WATER/JUICE BANANA</td> </tr> </tbody> </table>	SEDIBA SA THUTO DAY CARE CENTRE						WEEK MENU							MONDAY	TEESDAY	WED	THURSDAY	FRIDAY	BREAKFAST	MABELE WITH MILK	WHITE PORRIDGE	BREAD, JAM OR RAMA WITH MILK	OUTS	BREAD, CHEESE, EGGS & MILK	LUNCH	PAP, CABBAGE & SOYA	MILIE RICE, SOYA & CARROTS	Green Beans BRINCE & MACARONI	SAMP, SOYA & BEANS	RICE, FISH, CARROTS & PUMPKIN'S MILK	AFTERNOON SNACK	WATER/JUICE PEARS	WATER, BANANA	WATER/JUICE ORANGE	WATER, APPLES	WATER/JUICE BANANA
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Connie's Day Care



Sibahle Day Care



Samsung Quad Camera
Shot with my Galaxy A72



Samsung Quad Camera
Shot with my Galaxy A72

Alex Educare

Day	Breakfast	AM Snack	Lunch	PM snack
Mon 	Oats Milk Brown Sugar	Brown Bread Peanut Butter/Jam Rooibos Tea & Milk	Mealie / Rice/Pap Beef Stew/ mince Cabbage/ Spinach	Seasonal Fruits Water Brown Bread Peanut Butter
Tue	Soft Mabelle Milk Margarine Brown Sugar	Seasonal Fruit & water 	Macaroni/Spaghetti/Rice Tinned Fish Vegetables - Beetroot	Seasonal Fruit Morvite Yoghurt Milk
Wed 	White Soft Porridge Brown Sugar Milk	Brown Bread Peanut Butter/ Jam Fruits Juice	Samp Chicken Coleslaw/Salad	Seasonal Fruit & Water Brown Bread Peanut Butter
Thur	Morvite Milk Margarine Brown Sugar Soft porridge	Seasonal Fruits Water 	Pap Maas Beans Carrots	Seasonal Fruit Milk Biscuits 
Fri	Oats Milk Brown Sugar	Seasonal Fruit Water Chips/Popcorn	Rice/ Macaroni Beef/Chicken Stew Beetroot/ Salads	Seasonal Fruit Yoghurt

Happy Hours
Day Care

HAPPY HOURS DAY CARE
DAILY MENU
No. 10 - 6 th AVENUE
ALEXANDER

WEEK ONE				WEEK TWO			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK THREE				WEEK FOUR			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY

Fruits



Vegetables



Jesus Is the Answer

Lunchbox Fund

Menu A: Lunch x 5 Days
ECCDC
Box A

Day	Meal	Drink
Monday	Rice & Lentils + Fresh Vegetable	VitA&C
Tuesday	Millet Meal + Soya Mince + Fresh Vegetable	VitDrink
Wednesday	Biryani + Oil + Spices + Fresh Vegetable	VitDrink
Thursday	Samp & Beans + Soya Mince + Fresh Vegetable	VitDrink
	or	
	Wholewheat pasta + tomato sauce + beef soya	VitDrink
Friday	Porridge	VitMilk
	or	
	Millet Meal + Baked Beans + Fresh Vegetable	VitMilk

Good Vegetables to use:
everything green, orange, red, yellow like: butternut, pumpkin, spinach, onion, carrot, string squash,
green beans, red and orange peppers, fat beans, cabbage, tomato, sweetcorn.
Remember: Potato is NOT a vegetable!! It is a starch.

Siqalo Day Care



Mogotladi Early Learning Centre

1 **MOGOTLADI ECD MENU 2**

Day	Break fast	Mid-Morning	Lunch	Afternoon Snack	Break fast	Mid-Morning	Lunch	Afternoon Snack
Monday	Mabele Porridge + Milk	Fruits	Pap Chicken + Breadfruit	Brown bread + Pumpkin + Pumpkin seeds	Oats + Milk	Milk	Rice + Fish + Beans	Brown bread + Pumpkin + Pumpkin seeds
Tuesday	White Porridge + Milk	Milk	Mashed + Eggs + Milk + Carrots + Pumpkin	Brown bread + Pumpkin + Pumpkin seeds	Mabele Porridge + Milk	Fruits	Chicken + Beans + Pumpkin	Brown bread + Pumpkin + Pumpkin seeds
Wednesday	Novitas + Milk	Fruits	Rice + Fish + Pumpkin	Brown bread + Pumpkin + Pumpkin seeds	Novitas + Milk	Milk	Chicken + Beans + Pumpkin	Brown bread + Pumpkin + Pumpkin seeds
Thursday	Oats + Milk	Milk	Mashed + Carrots	Brown bread + Pumpkin + Pumpkin seeds	White Porridge + Milk	Juice	Chicken + Beans + Pumpkin	Brown bread + Pumpkin + Pumpkin seeds
Friday	Corn Pops + Milk	Fruits	Pap + Pumpkin	Brown bread + Pumpkin + Pumpkin seeds	Novitas + Milk	boiled eggs	Mashed + Carrots	Brown bread + Pumpkin + Pumpkin seeds

Reach For the Stars Day Care

