



Join us in the fight against hunger amongst Military Veterans and their families

Our veterans, who once served with honour, now face another battle—hunger. Many of them are trapped in escalating poverty, struggling to afford basic necessities. We have found a solution that can make a real difference to this heartbreaking reality. **Food Sock** is more than just a meal—it's a lifeline, a revolution in tackling food scarcity and malnutrition. Food Sock is a nutritious, affordable, and convenient meal solution that requires only boiling water and +- 30 minutes to prepare. Whether it's Tomato Bredie, Mutton Stew, Chicken Pasta, Macaroni & Cheese, Melkos, Pasta Bolognese, Chicken & Veg Soup, Chakalaka Samp & Beans or Chicken Breyani, each meal feeds a family of four for just R45. Simple, adaptable, and reliable—even during load-shedding—it's a solution that can turn hunger into hope and as it is light weight, courier is inexpensive.

For **less than R1,400 per month**, you can help provide a **family of four with a nutritious meal every day**. These are meals that offer more than sustenance—they deliver dignity to those who served our nation.

WVV has created a website https://bit.ly/WVV_FoodSock where you can purchase or gift Food Socks to anyone. Orders under R450 will be charged R60 PUDO courier – orders of R450 or more will be delivered free of courier costs.

If you know of a veteran or family in need, or would like to support this cause, please contact us at WVFFoodSock@WVVoice.org. We are looking for groups that can assist us across the country in alleviating hunger.