



NOURISH PEAK NUTRITION — FOUNDATION —

NOURISHING COMMUNITIES.
TRANSFORMING LIVES.



- Bronkhorstspuit
Gauteng, South Africa
- 078 414 4609
- info@nourishpeaknutritionfoundation.org.za
- donate@nourishpeaknutritionfoundation.org.za
- Nourish Peak Nutrition Foundation

NOURISH PEAK NUTRITION FOUNDATION PROFILE

ORGANISATION NAME

Nourish Peak Nutrition Foundation

ORGANISATION TYPE

Non-Profit Organisation (NPO)

COUNTRY OF OPERATION

South Africa

HEAD OFFICE LOCATION

Bronkhorstspuit, Pretoria East, Gauteng

AREAS OF OPERATION

Nourish Peak Nutrition NPO operates across all provinces in South Africa and aims to expand its outreach initiatives beyond South Africa into neighbouring countries and international communities where nutrition support and wellness education are needed.

FOUNDER

Londiwe Ndlebe

CONTACT INFORMATION

Phone: 078 414 4609

Email: londiwe@nourishpeaknutritionfoundation.org.za

Address: 37 Drakensberg Street, Bronkhorstspuit, Gauteng

Facebook: Nourish Peak Nutrition Foundation

Website: www.nourishpeaknutritionfoundation.org.za



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ABOUT THE ORGANIZATION

Nourish Peak Nutrition Foundation is a South African community-focused non-profit organization dedicated to improving health, wellbeing and quality of life through nutrition education, healthy lifestyle promotion, youth empowerment and sustainable community development.

The Foundation was established in response to the increasing burden of malnutrition, food insecurity, unemployment and lifestyle-related diseases affecting vulnerable communities across South Africa.

Our programmes focus on providing practical nutrition education, feeding initiatives, support for chronic illnesses, employability skills, entrepreneurship training and community development projects that empower individuals to become healthier, more confident and economically independent.

Working in partnership with schools, businesses, government departments, community organisations and volunteers, we strive to create sustainable solutions that improve lives today while building stronger communities for tomorrow.

OUR BELIEF

At Nourish Peak Nutrition Foundation, we believe that every individual deserves the opportunity to live a healthy, productive and dignified life. Good nutrition is more than just food—it is the foundation for learning, growth, employment, confidence and stronger communities.

Our Foundation was established to address nutrition-related challenges while empowering individuals through education, practical skills development and sustainable community programmes. We work alongside schools, communities, businesses and other organisations to create opportunities that improve health, promote self-reliance and build brighter futures.



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OUR VISION

A future where every child is nourished, every individual is empowered and every community thrives.

OUR MISSION

To nourish people with food, empower them through nutrition education, wellness programmes, practical skills development and community partnerships, while equipping children, youth, families and vulnerable individuals with the knowledge and opportunities needed to build healthier, more independent futures.

OUR VALUES

Compassion

We serve communities with kindness, dignity and respect.

Integrity

We uphold honesty, transparency and accountability in everything we do.

Empowerment

We believe knowledge and practical skills create lasting change.

Community

We work alongside communities to develop sustainable solutions.

Partnership

We believe collaboration strengthens our impact.

Excellence

We strive to deliver quality programmes that create meaningful and measurable change.

Sustainability

We promote long-term solutions that enable communities to become self-reliant.



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WHAT MAKES US DIFFERENT

Nourish Peak Nutrition Foundation combines nutrition education with practical community development initiatives.

Our unique approach integrates:

- Nutrition and Wellness Education
- Community Wellness
- Youth Empowerment
- Employability Skills Development
- Entrepreneurship Development
- Community Outreach
- Sustainable Food Production
- Corporate Wellness

Rather than simply providing assistance, we equip individuals with the knowledge and practical skills needed to improve their health, secure employment, start businesses and become active contributors within their communities.

OUR CORE PROGRAMMES

Feed a Child Initiative

Our Feed a Child Initiative provides nutritious meals to vulnerable children through school breakfast programmes and community feeding projects.

The programme aims to reduce hunger, improve school attendance and support children's physical and cognitive development.



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Nutrition Education & Wellness

We empower individuals, families and communities with practical nutrition knowledge that promotes healthy eating, disease prevention and lifelong wellbeing.

Topics include:

- Healthy Eating
- Budget Meal Planning
- Child Nutrition
- Reading Food Labels
- Food Hygiene and Safety
- Healthy Lifestyle Promotion
- Chronic Disease Prevention

Support for Chronic Illnesses

We are committed to improving the quality of life of individuals living with chronic illnesses through nutrition education, wellness support, community outreach, and compassionate care.

Through partnerships with healthcare professionals, community organizations, schools, businesses, and volunteers, we strive to raise awareness, promote healthy lifestyles, and improve access to reliable nutrition information.

Community Outreach

We work closely with schools, community organisations, churches and local stakeholders to identify community needs and deliver programmes that improve health, wellbeing and quality of life.

Our outreach activities include wellness campaigns, community education, food support initiatives and collaborative partnerships.



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Plant a Seed Initiative

Our Plant a Seed Initiative promotes food security by teaching communities how to establish and maintain sustainable vegetable gardens.

Participants learn:

- Vegetable Gardening
- Composting
- Water Conservation
- Seed Planting
- Harvesting
- Sustainable Food Production
- Small-scale Agricultural Entrepreneurship

Youth Development & Empowerment

We believe young people possess incredible potential when given the right opportunities.

Our youth development programmes focus on leadership, life skills, employability, entrepreneurship and practical training that prepares participants for successful futures.

Nourish Futures Academy

Nourish Futures Academy is our flagship Youth Employability Programme designed to prepare young people and unemployed adults with practical skills that improve employability, encourage entrepreneurship and promote healthy lifestyles.

The Academy combines classroom learning, practical experience, mentoring and community service to equip participants with the confidence and skills required to enter employment or start their own businesses.



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Participants graduate with:

- Certificate of Participation
- Professional CV
- Practical Experience
- References (where applicable)
- Personal Portfolio
- Improved Confidence

SUPPORTING HOMELESS INDIVIDUALS

Our programmes are also adapted to support homeless individuals by providing practical life and employability skills, including healthy cooking, kitchen assistant training, gardening, hygiene, personal development and job-search support.

Our goal is to restore dignity, build confidence and create pathways toward sustainable employment and independence.

CORPORATE WELLNESS PROGRAMMES

Nourish Peak Nutrition Foundation also partners with non-profit organisations, businesses and government institutions to deliver workplace wellness programmes that improve employee health, wellbeing and productivity.

Services include:

- Nutrition Workshops
- Healthy Lifestyle Presentations
- Wellness Campaigns
- Health Awareness Events
- Healthy Eating Challenges
- Employee Nutrition Consultations
- Meal Planning Guidance
- Wellness Support Programmes



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PARTNERSHIP OPPORTUNITIES

We believe sustainable community development is achieved through collaboration.

We welcome partnerships with:

- Schools
- Government Departments
- Corporate Organisations
- Community-Based Organisations
- Faith-Based Organisations
- Universities and Colleges
- Healthcare Providers
- Agricultural Organisations
- Local Businesses
- Volunteers

Together we can create lasting change.

CORPORATE SPONSORSHIP OPPORTUNITIES

Organisations may support our work by sponsoring:

- School Feeding Programmes
 - Youth Skills Development
 - Community Gardens
 - Nutrition Education Workshops
 - Employability Training
 - Community Kitchens
 - Wellness Campaigns
 - Learning Materials
 - Food Parcels
 - Programme Equipment
-



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MONITORING, EVALUATION AND IMPACT

We are committed to transparency and accountability.

Our impact is measured through:

- Number of meals served
- Children supported
- Schools reached
- Community gardens established
- Youth trained
- Workshops delivered
- Employment opportunities created
- Businesses started
- Volunteers engaged
- Community partnerships established

Regular reporting ensures that our programmes remain effective, sustainable and responsive to community needs.

GOVERNANCE

Nourish Peak Nutrition Foundation is committed to strong governance, ethical leadership and responsible financial management.

The Foundation is led by a Board of Directors supported by volunteers, community partners and professional advisors.

We uphold principles of transparency, accountability, compliance and good governance in all our activities.

OUR CALL TO ACTION

Together, we can build healthier communities and brighter futures.



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Nourish Peak Nutrition Foundation

Whether you choose to partner with us, sponsor a programme, volunteer your time or make a donation, your support will help us provide nutritious food, practical education and life-changing opportunities to those who need them most.

Together we can:

- Feed Hope
- Empower Youth
- Improve Health
- Build Skills
- Create Employment Opportunities
- Strengthen Communities
- Transform Lives

CONTACT US

NOURISH PEAK NUTRITION FOUNDATION

Founder: Londiwe Ndlebe

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