

# FAST

*for Makhanda*

*and help the hungry*

IN SUPPORT  
OF THE  
**MAKHANDA FEEDING  
PROGRAMMES**

**FRIDAY  
29 MAY, 2020  
6am – 8pm**

We are inviting you to show your concern for the hungry here within our city. We can't think of a more appropriate gesture than symbolically sharing their experience, so we are asking everyone in the City of Makhanda to fast for one day. We know that one day can never substitute for those who live with this permanently, but we appeal to you to join us and demonstrate our solidarity. Alongside the fasting we ask you to donate the money you would have used on food for yourself towards the feeding programmes in Makhanda.



Donations can be made via EFT to:  
Makana Revive Trust  
Standard Bank Grahamstown  
Bank Code 050917  
Account Number 28 315 4012

All payments must be accompanied by the reference: Covid-food





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