Intsika Yesizwe

A township food bank, kitchen and place of safety · Philippi East and beyond, Cape Town · Est. 2018

Intsika Yesizwe, “pillar of the nation” in isiXhosa, gives a meal and gives an ear: to hungry families, to patients at Phumlani Clinic, and to young people who need to be heard. From Philippi East, its food bank keeps a network of 10 community kitchens cooking, reaching Nyanga, Gugulethu, Khayelitsha and as far as Muizenberg.

WHY I CAME TO THE GROUND

“I know poverty first-hand. I grew up in it. My mother was an alcoholic and my father was never there for me. I know what it feels like to be a child with no one to give you an ear.

When I started a relationship with God, He taught me not to focus on the problem, but to find out why. Later, when I got a job, I was robbed while on duty. That cruelty could have made me bitter. Instead I asked, ‘Why did they do this? What pain is behind this action?’ Many of our young people are not just criminals. Many are lost, hungry, angry and not heard.

So I came to the ground in Philippi East and the surrounding areas. I opened my house to give a meal and to give an ear to the youth. From that house, from that meal, Intsika Yesizwe was born: a garden, a kitchen, a library, a place of safety.”

> **“My pain became my purpose. I turned my childhood, my robbery and my faith into a place where no child feels unheard like I once felt.”**

Thembisa Majikijela, Founder



Thembisa mapping her community network at the Love Cities conference.

A TOWNSHIP FOOD BANK

People began arriving who had once been fed at kitchens that had closed for lack of food. Rather than collect food only for her own pot, Thembisa began sharing it onward with the van.

Food partners and supporters
- Rise Against Hunger
- SA Harvest, Ladle of Love
- local businesses

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Intsika Yesizwe food bank
- Collects donated food with the van
- Cooks in its own certified kitchen
- Feeds patients at Phumlani Clinic
- Shares food onward

→

10
community kitchens
cooking for their neighbours

Where our food reaches: **Philippi East** · **Nyanga** · **Gugulethu** · **Khayelitsha** · **as far as Muizenberg**

AT A GLANCE

Organisation	Intsika Yesizwe Community Development (IYCD), established 2018
Registration	Registered non-profit organisation no. 210-254 NPO (15 June 2018, Nonprofit Organisations Act 71 of 1997) · Public benefit organisation (PBO) no. 930081776
Where	9521 Ngonyama Street, Lower Crossroads, Philippi, 7785 (Philippi East, Cape Town)
Food safety	City of Cape Town Certificate of Acceptability for food premises (October 2026)
Mentor	Silulo Foundation: Thembisa completed its entrepreneurs programme; IYCD is a member of its membership programme
Collaborator	Love Cities, a national non-profit movement for community-led change · lovecities.co.za
Governance	Written constitution (1 February 2018); management committee of at least three office bearers; financial year ends 28 February

WHAT WE DO

Township food bank. Collecting donated food and distributing it so other kitchens can keep their doors open. We also help newer kitchens to start and register.

No medication on an empty stomach. With Phumlani Clinic, we feed patients so their treatment can work. R10 buys one meal.

An ear for the youth. A place where young people can eat, talk, be listened to and be seen, with a five-year partnership with the Philippi East Library.

Our own kitchen. We cook three times a week and people take meal packs home. The kitchen is certified by the City of Cape Town for preparing meals.

Food garden. A garden at Phumlani Clinic where patients grow food with us and learn to grow it at home.



Neighbours queue outside the kitchen on a feeding day.



Cooking for the community.



Preparing donated food for distribution.

OUR SUPPORTERS

Rise Against Hunger · **Blue Ribbon** · **Benjamin Commodities** · **Striker Butchery** · **Roots Butchery** · **The ARK** · **IMAN (Impact Makers Active Network)** · **Synergy** · **Home of Tiles** · **SA Harvest** · **Ladle of Love** · **Phumlani Clinic** · **Philippi East Library** · **Love Cities**

Our mentor, the Silulo Foundation. Silulo walks with us as a mentor and adviser, like a parent to a growing organisation. Thembisa completed its entrepreneurs programme and Intsika Yesizwe is a proud member of the Silulo Foundation membership programme.

Why it matters: one van and one set of food partners keep many kitchens cooking, led by local people, in a pattern other townships can copy. We are committed to recording our work well, managing our finances carefully and reporting openly, supported by a capacity-building partner.

PARTNER WITH US

R10 buys one meal. Every partner is kept informed of how their support is used. Site visits are welcome.

Clinic meals	Meals for patients at Phumlani Clinic, so no one takes medication on an empty stomach
Keep the van moving	Fuel, servicing and insurance for the vehicle that carries food to the food bank and on to other kitchens
Sponsor a kitchen	Food, gas, transport and a stipend to keep one kitchen cooking for a year
Kitchen upgrade	Tiling, a repaired stove, a deep freezer and storage, so the kitchen can prepare more meals safely
Food and garden kit	Dry goods, meat and fresh produce; seeds, seedlings, compost, rainwater tanks, irrigation pipe, fencing, a wheelbarrow
Grow the model	Records, accounting support and documentation so the food bank model can be shared with others
Volunteer skills	Accounting, legal, marketing, mentoring, committee roles

Donate by EFT

Bank: **FNB** Account name: **Intsika Yesizwe NPO** Account number: **63174703116** Branch code: **250655**

SWIFT: **FIRNZAJJ** Reference: **your name**

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