

# Heroes against hunger

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The Peninsula School Feeding Association (PSFA)'s 49th Blisters for Bread Charity Family Fun Walk in association with Lucky Star will take place on Sunday, 27 August 2017.



This year the event is inviting corporate teams to show up and dress up in a variety of fun themes such as Hollywood Stars, Super Heroes, Disco Divas, Aliens, Minstrels, Rock Stars, Mad Hatters and more. This will add a fun team-building aspect to the event and offer many opportunities for team photos and “team selfies”. Corporate and group entries close 30 July 2017, so hurry to pick your theme and enter by emailing [karen@topevents.co.za](mailto:karen@topevents.co.za).

The fun event in a good cause includes two routes along the Sea Point Promenade. The 10km walk that starts at 7:30am and the 5km walk starting at 8am both finish at the Green Point Cricket Club where a carnival atmosphere prevails, with live entertainment, refreshments and corporate hospitality opportunities. Every person who enters will receive a medal.

Back by popular demand, South African *X Factor* winners FOUR will once again be entertaining the walkers as they cross the finishing line. Other entertainment includes a high-energy performance by top South African pop singer, Lakota Silva. A host of food and refreshment stores will be available for everyone's enjoyment.

This year PSFA aims to emphasise four areas in which food enables children to reach their true potential. The awareness campaign is based on four key pillars that represent four core reasons to provide children with nutritious meals namely:

- Food for thought (food enables young learners to think critically)
- Food for creativity (healthy meals enable the mind to be creative)
- Food for play (balanced meals allow learners the energy to perform in sports and general play) and
- Food for all (together we can make sure that all of our youth have access to healthy food).

PSFA calls everyone to join them in their fight against childhood hunger by entering this special family event at the cost of only R50 per person. Each entry fee will enable PSFA to provide 20 underprivileged hungry schoolchildren with a nutritious cooked breakfast and lunch for an entire day! Entries are limited to 13,000 people. Navy-blue t-shirts are on sale for walkers at the cost of R80.

## How to enter

Entries can be done online or the entry form can be downloaded at [www.psfa.org.za](http://www.psfa.org.za). Entry forms can also be collected at PSFA's offices situated at 26 Purdey Road, Sheffield Business Park in Philippi, the Top Events offices situated at 7

Koeberg Road, Maitland, or at selected Pick n Pay and Sportsmans Warehouse branches in the greater Cape Town area. The closing date for group entries is 30 July, manual entries 6 August and online entries 20 August.

### **Can't walk? Make a donation instead**

If you are unable to walk Blisters for Bread this year, then PSFA encourages both Cape Town locals and the rest of South Africa's public, businesses and schools to consider making a monetary contribution. This can be done by logging onto their website, [www.psfa.org.za](http://www.psfa.org.za). 100% of all donations made to PSFA go towards school feeding and are tax-deductible.

### **A brief overview of Blisters for Bread**

Blisters for Bread, which was started in 1968 by concerned staff and pupils at Savio College in Lansdowne and handed over to PSFA to manage, has grown from strength to strength and has become a highlight on the Cape Town events calendar. Last year, a total of 13,624 people participated in the event. Thanks to entry fees received, the event managed to raise a total of R681,200, enabling PSFA to provide over 1,724 disadvantaged children with a nutritious breakfast and lunch while at school for an entire year!

For enquiries, contact Karen or Andrea at Top Events on 021 511 7130 or email [info@topevents.co.za](mailto:info@topevents.co.za).

### **About (PSFA)**

PSFA is a registered non-profit organisation that is dedicated to feeding hungry children while at school. Established in 1958, PSFA has to date served over 1.5 billion meals to underprivileged school children. PSFA currently provides daily nutritious cooked meals to over 27,000 children at 160 primary, secondary and special-needs schools as well as Early Childhood Development Centres (ECDs), safe parks and colleges throughout the Western Cape.

Enter early to avoid disappointment.

### **Contact details**

To book a space for your team, email Karen Castle at Top Events, [karen@topevents.co.za](mailto:karen@topevents.co.za), or call 021 511 7130 to book tickets and reserve your theme of choice from the list below.

1. Hollywood Stars
2. ~~Super Heroes~~ (People's Post)
3. Cinderella and the Seven Dwarfs
4. Hero Turtles
5. Opera Characters
6. Zombies
7. Babies
8. Rocky Horror Picture Show characters
9. Avengers characters
10. Game characters
11. WWE wrestlers
12. Hip Hop
13. Baywatch
14. Olympics
15. Ballet dancers
16. Pirates
17. Clowns
18. Carnival
19. ~~Disco Divas~~ (Heart FM)
20. Aliens

21. Minstrels
22. Sports Stars
23. Under the Sea characters
24. Western
25. Rock Stars
26. Robots
27. Circus
28. ~~Hawaii~~ (World without Wine)
29. Wizards
30. Mad hatters

For more information please visit [www.psfa.org.za](http://www.psfa.org.za), [PSFA on Facebook](#), [PSFA on Twitter](#).

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