



Chefs with Compassion

rescue | cook | feed



**67 000 LITRES**  
**FOR MANDELA DAY**

## Home cooks with heart

Every South African with a kitchen and the financial resources to purchase ingredients can participate in the #67000litres Challenge – safely and comfortably from your own home.

1. Enter the “67 000 litres of soup” challenge by completing the [online registration form](#).
2. The cost to participate is a donation of R100 to Chefs with Compassion, which will be used to help us continue our mission to Rescue | Cook | Feed. Your donation gives you the opportunity to be part of an incredible national initiative and in gratitude for your participation you will receive a cookbook containing soup recipes from celebrity chefs who will be cooking, along with you and thousands of South Africans on the day.
3. Order a branded #67000litres apron, if you would like one, by 2 July. Your name can be added for an additional cost.
4. Set a target and challenge your friends, neighbours and community groups to participate. Social media images will be provided for you to share on your Facebook page and WhatsApp groups.
5. Select a beneficiary/s in your area and encourage them to register on the Chefs with Compassion site. It can be any organisation or you can hand out to homeless people in your area.
6. Plan to clean out your pantry of close-to-expiry products that are usable for soup, and purchase supplementary ingredients to cook on the day.
7. Collect yoghurt tubs and containers in the weeks leading up to Mandela Day.
8. Chefs with Compassion will provide you with a system for recording your total volumes.
9. Arrange the logistics to either deliver to your beneficiary/s or have them collect at a specified time before 13h00 on Sunday, 18 July.
- 10. On Mandela Day:**
  - Cook a wholesome and nutritional soup for 67 minutes, with your family or on your own kitchen.
  - Fill containers with soup.
  - Deliver or arrange collection with your beneficiary/s by no later than 13h00 on Mandela Day.
  - Take photos and post on social media.
  - Record the numbers and submit to Chefs with Compassion.
  - **Celebrate with us on social media at 15h00!**

If you have any questions, please email [info@cwcc.org.za](mailto:info@cwcc.org.za).

