



STARGOLD'S Nutrition Foundation

2019/2020

Annual Report

As the co-founder of Stargold's Nutrition Foundation, and on behalf of the Board of Directors, I am pleased to provide you with an outline of our objectives, our activities and financial results for 2020.

In October of 2019 the society was registered with the BC Government and a group of dedicated health care professionals enrolled as Directors, with the help of Gabon's own Health Minister and cardiologist Dr. Anne-Marie Antchouey.

In the beginning, the activities of the societies were to include nutritional, medical and legal help for children of Gabon but we felt that perhaps this was too broad to start with and decided to focus on one aspect only, the nutrition aspect. Nutrition is what we are passionate about after all! Also, we felt we would be more likely to achieve excellent results if we focused our tasks.

We bought a car in March 2020 for our associates in Africa as we started working on planting beans that we would be able to harvest and use for the preparation of our pancakes.

In June, a young and very creative nutrition student won the best pancake recipe and won \$1000 CAD. She graciously gave it back to the foundation.

Another dietetic student perfected the recipe with a good dose of patience and determination and smart brains! She tried 100 more variations of the winning recipe. We had more taste tests throughout the summer and finally, out of the 100 variations, we had a real and final winner! A flavourful and wonderful high protein and high iron pancake recipe made of entirely Gabon ingredients!*

A few months later with the help of our Gabonese associates, we chose a house that includes three suites. It is located in the centre of Libreville. We are currently looking at different options for purchase and delivery for all the industrial grade kitchen equipment at this time. We plan to be renovating the suites in the next fiscal year in order to have some rental income which will help make the Stargold's Nutrition Foundation sustainable in the long term.

The plain pancakes are going to cost \$0.30 per unit and the chocolate pancakes will cost \$3.00 each. The chocolate will be provided by local chocolatier "les chocolats Gabonais de Julie". All the cocoa is fair trade and grown on Julie's own property.

The foundation has had a successful year. The members have provided financial support to the foundation allowing the foundation to purchase a house, a car and employ 3 people in Gabon. To date the members of the foundation have loaned the foundation 301k CAD. The fundraising activities of the foundation have been limited during the first year and the directors are working hard to ensure that sustainable fundraising sources are established for the foundation in the future.

Sincerely,



Claudia Lemay, RD
Co-founder, Food Fairy

*Local ingredients except for beans. Beans are not currently used in Gabon. As a Registered Dietitian and the co-founder of this society, it is one of my main nutrition goals to promote the use of beans in Gabon as beans are quite inexpensive, grow well anywhere, and most importantly, are very high in protein and iron, two massively important nutrients that tend to be lacking in the diet of many children in Gabon.