



YAYASAN SOLEMEN INDONESIA

PROSPECTUS TO DONORS

FOOD DIGNITY WITH SUSTAINABLE GARDENS

2020

"Indonesia continues to take strides to improve the care available to its citizens. Nonetheless, with one of the lower doctor-patient ratios in the world, there remain a number of gaps to fill. Solemen's team are passionately, and pragmatically, working to provide care to some of the most vulnerable in society -those who often slip unnoticed through the gaps."

Chris Garret

LETTER FROM THE FOUNDER

Dear Friends and Supporters,

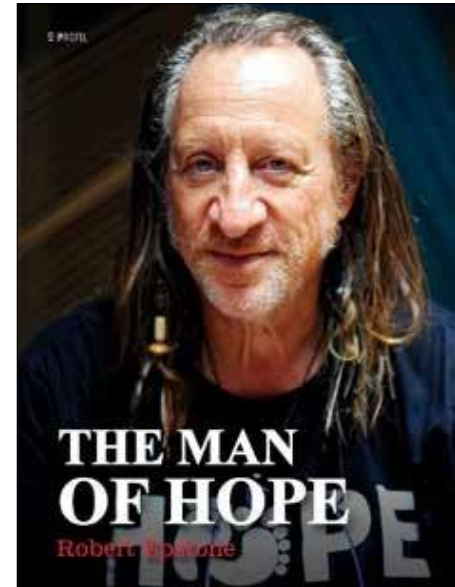
I sincerely hope this finds you well. We're living through unprecedented times, and such occasions amplify the importance of compassion, community, and generosity.

Bali is home to a resilient and spirited community, one that has endured multiple terrorist attacks and natural disasters. However, COVID-19 and the associated economic fallout have been devastating. More than 80% of Bali's economy relies on tourism and for months hotels have stood empty, restaurants closed, shops shuttered, and tour agencies idle. Unfortunately, with recent announcements indicating that foreign tourists will not be allowed entry until 2021, it appears that we're just at the beginning stages of this crisis.

It's very important to understand that in a highly communal developing nation like Indonesia, a single salaried worker is often supporting an entire extended family. Now, as large swaths of workers have been furloughed, and others have seen substantial salary cuts, these networks of dependents are facing dire shortages. People cannot afford food, let alone health care.

Solemen is receiving an increasing number of calls for help, but we no longer have the funds or resources to respond. Hospitality has been our primary sponsorship and donor base, but as they cannot afford to pay their own staff, they've been forced to withdraw their support. We need your help. Now.

Ten years ago, I embarked on a 535-kilometre barefoot awareness walk around Bali, pledging to raise \$1 million for the poor and differently abled around Bali. This was not a marketing gimmick or attempt at self-aggrandizement. I walked then, as I do today, in solidarity with the countless Balinese enduring



extreme financial, medical, psychological, and nutritional risk. Despite being a tourist hub and Instagram Mecca, these populations are often never seen by outsiders. Our journey of solidarity has never stopped and is the basis for our foundation's name "SoleMen."

Solemen Foundation has come a long way since its humble beginnings. We are now looking after the daily needs of thousands of "SoleBuddies," the affectionate term for those we care for. We have a talented Board of Directors, dedicated managers, and a wonderful group of outreach workers, all of which is supported by a lean administrative team. Compassion is the basis for our holistic work, and it carries us through some truly heart wrenching experiences.


From Romania to Albania to Peru, I've travelled the world wading into neglected areas to deliver aid and shine a light on the less fortunate. However, COVID-19 has added a layer of complexity and immediacy to our work in Bali that nobody saw coming. As always, we will fight for those in our care, and the communities they're apart of, so we are taking action.

This document contains SoleMen's five-year plan –a vision that was in the works long before COVID-19. I appeal to you. Please read through this document and consider how you can support the future of thousands of desperate individuals. How will you include Solemen in your corporate social responsibility initiatives? How can you sponsor one or more of our programs? How can you donate so we can put more vehicles and more staff in the field to reach the increasing numbers living in extreme risk? COVID-19 reminded the world that without compassion we have nothing. Please join me in looking after those who urgently need our help.


Yours sincerely,



Robert Epstone
Founder
Yayasan Solemen Indonesia



Indonesia still experiences a staggering poverty rate with 50% of the country's 260 million people living on \$2 or less a day. Nationwide more than 28% of children are underweight and 44% are facing stunted growth. In Bali, despite its glamorous appeal and prosperous veneer, malnutrition among the poorer communities is rampant. And in those communities, it is the children who suffer most.



PROJECT: --- FOOD DIGNITY WITH SUSTAINABLE GARDENS

THE VISION

Solemen, in partnership with Bimbika, has been working on a model for supporting families experiencing poverty in a way that lifts them out of the charity cycle. The partnership brings together the social outcomes expertise of Solemen and the environmental outcomes expertise of Bimbika.

Through the implementation of sustainable fruit and vegetable gardens, the Food Dignity with Sustainable Gardens Project will make families economically resilient and boost health outcomes as a consequence.

The Food Dignity Project is targeting 1,000 village homes all around Bali during 2020.

Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.



BENEFITS

A growing body of research suggests food gardening may offer a partial solution towards tackling social problems, including chronic disease, food insecurity, socioeconomic inequity, and shrinking social ties. The Food Dignity Project will serve to produce nutritionally meaningful quantities of quality food, improve health, and provide important cultural ecosystem services such as recreation, cultural enrichment, and community building. It is anticipated that the gardening activities will also yield individual and social healing and transformation, such as bringing acceptance and understanding of difference or disability to community members.

At an individual level, the Food Dignity Project will train adults and teenagers of varying ability in implementing and maintaining both aquaponic and traditional gardens. Through optimising efficiency, excess produce can be traded, creating economic outcomes for participants. These skills are the foundations of employment and entrepreneurship. And will increase self-esteem and encourage independence.

Each Food Dignity garden will produce enough food for the daily consumption of a family of four, including:

- Recommended daily intake of vegetables
- Recommended daily intake of fruit
- One catfish
- One egg



IMPLEMENTATION

The optimum size of a blended aquaponic and traditional garden that produces sustainable, healthy, organic, and fresh daily fruit and vegetables is ten square metres. The average family campus would have this space readily available.

Solemen assesses families for suitability prior to their participating in Food Dignity Projects. Criteria include household income, access to fresh food, and nutritional status of family members. Many participants will already be under the care of Solemen, receiving food parcels, nutritional supplements and other support. The Project is designed to transition these families from dependence to independence.

Solemen aims to implement 1,000 projects per year.

AQUAPONIC GARDENS

Aquaponics is a highly productive farming solution combining the core principles of aquaculture and hydroponics by raising fish on land and growing plants without soil, respectively, within a closed-loop ecosystem. Fish create waste, and the waste yields fresh nutrition for organic plants, removing the need for pesticides or fertiliser.

Three aquaponic units, or sakanber, require only one square metre to yield enough vegetables and fruit to feed a family of four daily with:

- green & red spinach
- eggplant
- tomatoes
- bok choy
- cucumber
- mustard greens
- ginger
- turmeric
- chilli
- garlic
- onions & shallots
- green beans
- oranges

Each aquaponics system includes buckets, water piping and taps, pots, charcoal, and tissue; plus, catfish and fruit and vegetable seeds. Fish food is required for approximately five days whilst participants generate the organic waste necessary to replace it with live maggots.

On maturity, female catfish produce around 2,000 eggs, ensuring participating families have permanent access to a healthy source of dietary protein.

Harvest of fresh produce can commence in just 21 days.

All aquaponics systems will remain on long term loan to participants under a Memorandum of Understanding confirming the units as property of Yayasan Solemen Indonesia.



TRADITIONAL GARDENS

The Food Dignity Project aquaponics system will feed traditional gardens within family units to include fruits and vegetables not suitable for the aquaponics system, such as papaya, moringa, sweet potatoes and bananas.

Solemen is partnering with a private organisation that has pledged 30% of its profit from the sale of packaged moringa products to the yayasan. This partnership has the potential to buy its moringa leaves from families participating in the Food Dignity Project. This, in turn, will generate a much-needed income source for the families and assist them to financial independence.

To further support each family's journey to independence, Solemen will supply six female chickens and one rooster. Each chicken will lay on average 20 eggs per month. This is ample to fulfil family consumption and resource an ongoing breeding program for meat.

SPONSORSHIP OPTIONS

The growth of food gardening is a welcome trend and one worthy of public support and investment. Sponsorship of the Food Dignity Project will have a positive and long-lasting effect on communities that have poor nutritional health outcomes due to difficulty accessing fresh produce.

Sponsorship will generate an income for each participating family, lifting them out of the poverty cycle and bringing them financial independence.

Sponsors will have their logo prominently placed on each aquaponic bucket as well as on a wooden post at each garden.



**SPONSOR
A CHICKEN**
IDR 900,000
(USD 65,00)



**SPONSOR
A GARDEN**
IDR 3.75million
(USD 275.00)



**SPONSOR
A SOLEBUDDY**
IDR 3.75million
(USD 275.00)



**SPONSOR
A WORKER**
IDR 45million
(USD 3,200)



**SPONSOR
A VEHICLE**
IDR 515million
(USD 36,000)

FOOD DIGNITY PROJECT COSTS

Expense Category	Set Up Costs	Single Project	1,000 Projects per Year	Monthly Expenses	Annual Expenses
	USD	USD	USD	USD	USD
PREMISES					
Rent	0	0	0	0	2,759
Office Equipment	690	0	0	0	0
Workshop Equipment	3,448	0	0	0	0
Vegetable Garden	690	0	0	69	828
Repairs & Maintenance	0	0	0	345	4,138
Provision for Remodelling	0	0	0	0	552
ADMINISTRATION					
Office Supplies	0	0	0	69	828
Telephone & Internet	0	0	0	207	2,483
Uniform Laundering	0	0	0	103	1,241
Utilities - Electricity, Water, etc.	0	0	0	172	2,069
STAFF					
Driver	0	0	0	276	3,310
Outreach Worker x2	0	0	0	483	5,793
Office Administrator	0	0	0	276	3,310
Uniforms	276	0	0	0	0
MOTOR VEHICLES					
People Mover	20,690	0	0	0	0
Licensing & Registration	0	0	0	0	409
Petrol	0	0	0	172	2,069
Repairs & Maintenance	0	0	0	1,034	12,414
CLIENT CONSUMABLES					
Buckets	0	16	15,517	0	0
Catfish	0	7	6,724	0	0
Chickens x7	0	62	62,069	0	0
Charcoal	0	1	1,034	0	0
Fencing	0	14	14,483	0	0
Fish Food	0	4	3,724	0	0
Fruit & Vegetable Seeds	0	0	207	0	0
Fruit Trees	0	44	44,138	0	0
Pots	0	0	483	0	0
Tissue	0	0	103	0	0
Taps	0	2	2,069	0	0
Tools	0	1	1,379	0	0
Transportation	0	4	3,931	0	0
TOTAL COST	25,793	156	155,862	3,207	42,203


FOOD DIGNITY PROJECT COSTING

HOW TO SPONSOR AND /OR DONATE

Your next step is to contact Solemen's Founder, Robert Epstone to discuss the right sponsorship and donation options for you and your organisation. Robert and his team can look at your social and corporate responsibility plan with you and your team to develop the optimum way to collaborate.

Please contact Robert via email

 **Robert.Epstone@solemen.org**

 **+62(0) 816 -701-948**

Your contribution will provide care and support for disadvantaged children and adults all over Bali. Even the smallest amount counts.



www.paypal.me/helpsolemen



Bank Name :Permata Bank
Account Name :Yayasan Solemen Indonesia
Account Number :70-2065-666
Swift Code :BBBAIDJA



Bank Name :Barclays Bank
Account Name :SoleFamily
Account Number : 20-76-92
Swift Code : 93681157

Tax deductible donations are available for Solemen supporters from Australia, the United States and New Zealand when made through the Global Development Group (GDG) website. Options include credit card, PayPal, direct deposit and cheque.

AUS: www.gdg.org.au/InfoJ1088N **USA:** www.gdgusa.org/InfoJ1088N **NZ:** www.gdg.org.nz/InfoJ1088N



www.solemen.org

