



Message from CEO:

I am Kriste Nicole Alberts (22). Charity is important to me because it forms a part of who I am. Winston Churchill once said; “We make a living by what we get, but we make a life by what we give.” I have come to believe that regardless of the circumstances that we are in, when one person can help another, we create more than just a simple favour or fulfil the gift of giving, we create a bond and make a difference one step at a time in making the world a safer, cleaner and healthier place. 5 Star To Health makes this possible for us, and can make it possible for you too.

Background:

‘5 Star to Health’ was initiated in order to promote a healthy lifestyle and hygiene awareness to young women. This campaign promotes every young woman to start to build her own legacy if she is provided with the basic tools and positive support. However, because of our current circumstances we have expanded our target market to EVERYONE.

“Diversity is about embracing differences and realising the remarkable things that are possible when it is intertwined into our organisation.” -Kriste Alberts

This is a registered non-profit company and solely relies on sponsors and donations to function. For people across South Africa to become something greater than their circumstances can allow, they need the necessary equipment to do so. Many people are sick because of their environments and providing the most basic tools can help prevent illness and disease.

What we do:

‘5 Star to Health’ identifies areas in need and then makes containers which contains tissues, pads, toothbrushes, toothpaste, face cloth, bar of soap and now a facemask. We distribute these containers amongst the people who were identified and strive to make the world a healthier place.

Future Plans:

- **Short Term Goal:** Reach 500 people by the end of 2021 (currently, we have helped 334 people).
- **Mid-Term Goal:** Involve major companies to sponsor the organisation after VAT registration. As well as host a brand launch event.
- **Long Term Goal:** Create a management team of 5 members in each province across South Africa and start to create branded merchandise that we can sell to raise funds and reach more people in need.