



## About **Hunt 4 Life**

# **Hunt 4 Life** is a charity society, which will gratefully receive your donation:

Ø GAME and domestic animal produce donations, ... to be distributed to one of our reputable associated charity organizations, such as the SAVF (Suid Afrikaanse Vroue Federasie).

Ø Financial donations, ... every R47-00 secures 1 Kg of venison meat, processed and delivered, enough for 5 to 7 senior persons portions.

Ø Hunting opportunity offerings donations, ... which will be utilized by one of our hunting patrons for various means, of which the produce will distributed to one of our reputable associated charity organizations.

# **Hunt 4 Life** support hunting, as a function (task) to (literally) manage and sustain life, as a means to the end of responsible natural resource management through nature conservation of our fauna and flora.

# **Hunt 4 Life** has two official promoters; Charity Ambassadors (CA's), involved with general fund raising and community charity activities – and Hunting Patrons (HP's) which enable traditional and cultural hunting activities.

# The **Hunt 4 Life** society, supports and promotes minority groups such as female and youth nature ambassadors & hunting patrons in support of traditional and cultural sustainable subsistence hunting as a function of nature conservation to support life.

# **Hunt 4 Life** is a life wellness philosophy, a code of good life conduct, in everyday life, including nature conservation and hunting as a function. In the big picture - it is a collective energy and intelligence, for responsible and sustainable Life on Earth in all industries, and all walks of life.

# **Hunt 4 Life** and our associated donors and beneficiaries pledge to a strict ethical code of conduct and hunting etiquette guidelines. The principal is: "We are humans; therefore we shall hunt as humanely as possible and we shall not waste". We have zero tolerance ethical code compliance.

Ø Our human species were created to rule the earth as we evolved, we placed ourselves deliberately at the pinnacle of life (atop of the food chain and therefor the dominant

predator). We deliberately manipulate nature's natural life cycles and events; with fences, food sources, water restrictions, breeding herds – prohibiting herd migration and natural predators, expanding and extending game life expectancy. As responsible humans, we have to accept the accountability and the duty of our pinnacle status, and understand that we are the keepers and predators to aging and frail animals. Animal overpopulation must be managed by us, because we are caring and considerate humans.

∅ The human species, have the luxury of choosing our destiny and interests, and some may choose – “not to hunt”, but the animals in our care do not deserve to suffer or die of infirmity, overpopulation or starvation. Nature - is the responsibility of every human citizen on planet earth. You cannot dispose and deny your fundamental accountability and liability for which ever reason, personal, moral, ethical, political or religious convictions or impasse. As an individual, you personally may not elect to “hunt” or “cull”, but we should accept, respect and support people that act on our behalf, in a responsible ethical manner, as we are the arbitrator of our sanctity.

# **Hunt 4 Life** does not support – “Hunting for Sports”. However, if any person enjoys what they do, then they take pride in their duty, and are diligent and considerate in their actions. There is much to be enjoyed about greater hunting experience, and the act of killing is incidental for the true hunter.

∅ Irrespective of your religious convictions, you are answerable to the Maker of the Cosmos, the fauna and flora, and - when you point a weapon at any form of life, be sure to guide your actions by these tenets.

# **Hunt 4 Life** accepts that commercial game farming & professional game culling, hunting safari operators and clients, support the principle of Hunting for Life (on a grander scale) and are a force major in natural resource management and nature conservation; to sustain life and create the opportunity for subsistence and occasional hunters for a greater good of the community.

# **Hunt 4 Life** is opposed to wildlife-, commercial- or domestic animal cruelty.

# **Hunt 4 Life** - Popular Facebook & Instagram - video “shout outs”!

- 1) I love Hunt 4 Life - for Life!
- 2) I am (name (& surname) for Hunt 4 Life!
- 3) I am (name (& surname) – here at (name of place) and I support Hunt 4 Life!
- 4) I support nature conservation – I support Hunt 4 Life!
- 5) I support ethical hunting - I support Hunt 4 Life!
- 6) I support sustainable hunting – Hunt 4 Life!
- 7) I support Hunt 4 Life!

Facebook.com/hunt4lifesa

Facebook: @Hunt4LifeSA

Instagram: [hunt\\_4\\_life\\_sa](#)

Official tags: [#hunt4lifesa](#) [#hunt\\_4\\_life\\_sa](#) [#hunt4charity](#)

Associate tags: [#wildenjag](#) [#savf](#) [#helpjag](#) [#safarioutdoor](#) [#sniperafrica](#)

You are welcome to post & tag – or send us your videos and descriptions, of your efforts and activities, and commitment to support Hunt 4 Life as a charity AMBASSADOR, - or as a HUNTING PATRON. Be creative!

# (**Hunt 4 Life** is a Chapter of the St Christophe Foundation).

## ----- Quick F A Q & Snap answers -----

### How do I donate?

- 1) Members of the public can donate funds. <link> The minimum donation is R47-00 which translates to 1 kg of game meat, effectively the meat (mince / diced) for 5 to 7 individual portions at a care facility.
- 2) Hunters – can donate carcasses or processed meat (mince / diced).
- 3) Game farmers / Commercial hunters – can donate (A) carcasses or processed meat (mince / diced). OR (B) – can donate animals as game hunting packages to be utilized by Hunt4Life Hunting Patrons <link>
- 4) Contribute in your own community. Support the Hunt 4 Life drive. You do not have to physically deliver the produce to an accredited Hunt 4 Life depot (butchery), you may manage the process yourself since you know your community best. <Here is How>!

### Are you a charity?

**Hunt 4 Life** is a chapter of the St Christophe Foundation (SCF) Society and Hunt 4 Life is a registered as a Non-Profit Organization (NGO CIPC 2020/642164/08) in South Africa and accredited as a charity in South Africa. SCF can provide donor tax certificates in compliance with SA Revenue Services (SARS).

### Do you accept “domestic animal produce / products” donations?

Yes we do, raw and unprocessed - beef, since our output is primarily mince. Sheep and Pork, our output is diced and cubed, and chicken portions. We accept processed meats, such as cold meats, polony , sausages, etc.

### Do you accept “fresh or processed crop” donations?

We will never say no! Fresh or pre-packed vegetable crops are always welcome.

### **Why is game meat guaranteed best?**

Because it REALLY is FREE ROAMING! It is a modern lifestyle and a cultural choice. Game (venison) produce (venison meat / protein) are very healthy, it contains NO Hormones, Antibiotics & Steroids, high meat protein yield per kilogram since it is very low on fat content and cholesterol. It is the ideal natural healthy meat for humans. Why be limited to only Beef, Chicken, Lamb, Pork, if a large variety of meats such as Ostrich, Springbuck, Blesbuck, Koedoe, Wildebeest, Eland and many more are available. Smart people eat game meat (venison) products, because it is the smart choice. Be spoilt for choice.

### **Is game meat healthy for humans?**

If you are concerned with consuming only organic produce can be assured that game is of course, really totally organic! An additional health benefit to eating game is that you'll be consuming a lower percentage of inflammatory omega-6 fatty acids and more of the good fatty acids, such as anti-inflammatory omega-3. Furthermore, game meat is a reliable source of iron and zinc. Game meat contains an important acid for muscle growth – conjugated linoleic acid (CLA). The benefits of including CLA-rich meat, include the following: Increased metabolic rate, enhanced muscle growth, lowers cholesterol and triglycerides, lowers insulin resistance, reduces food-induced allergies, boosts immune system.

### **Why are you killing wild animals?**

Anti-cruelty - is a deciding and surprising positive factor when faced with the decision to purchase game meat. Unlike cattle and sheep, that are kept contained, game is free to roam and graze naturally, as animals should. All meat is produced from animals, some such as domestic commercial animals – such as Beef (mince, steaks, wors / and patties in McDonalds' / Burger King / Steers etc.) and pigs (pork, bacon, spareribs (Spur / Steers), etc.), Sheep (Lamb chops), and Chicken (KFC / Nandos etc.). These animals are killed in various ways, by the millions at abattoirs. Game animals are free roaming, they are not in pens, coops or cages and they need to be hunted (killed from a distance) to sustain "free roaming" and not to stress the animals. Game animals on game farms are managed and farmed natural resources, for the purpose to yield a sustainable produce. But, the fish harvested (killed) from the oceans, such as tuna, haddock, snoek, hake, sardines, wales, sharks, crayfish and shrimp took no effort in producing and are simply harvested.

### **How is game meat used?**

Hunt 4 Life process (mince and dice) our meat donations, since it is the most practical and user-friendly for our end-users (old age homes) which is easily made into a variety of dishes.

In general, most game meat can be used in the same dished as you would use domestic meats, such as Pork, Lamb and Beef. Just as pork has a different texture and taste to beef, so does different game meat, differ in taste and texture and suitability for certain dishes. Game meat is widely used in commercial processed and prepared products in large chain stores, such as a supplementary and complementary additions in wors (sausage). You can do biltong and droëwors, cook meals, braai, and process it into anything from cheese grillers to the best tasting Salami!

### **Hunt 4 Life thanks you ...**

... thank you for your generous donation!

... thank you for volunteering!

... thank you for your support!

email us: [me@hunt4life.co.za](mailto:me@hunt4life.co.za)

Hunt 4 Life / Non-Profit Organization (NGO CIPC 2020/642164/08)

**Hunt 4 Life** Charity Ambassadors and Hunting Patrons may use the approved **Hunt 4 Life** **identifications**: logos, insignia, icons, contact us at [me@hunt4life](mailto:me@hunt4life) for digital copies.



## ----- Technical Questions & Extended answers -----

### Is game meat healthier for humans than Beef?

Yes – lets appreciate the primary elements and facts on – Protein and Carbohydrates, Fat, Cholesterol, Calories, Iron and B-Vitamins, – hormones and antibiotics & steroids.

#### Protein and Carbohydrates

Beef and Venison (Game Meat) both contain high amounts of protein and no carbohydrates. This makes each type of meat favourable for a low-carb diet. A 120g serving of venison steak contains about 24 grams of protein. Venison and beef are considered complete proteins because they contain all 10 of the essential amino acids. (Amino acids are compounds that are responsible for chemical reactions in the body, and they also play a role in metabolic function).

#### Fat

Beef tend to be high in saturated fat. Game meats, are low. This is often the motivation behind people choosing venison over beef. A 120g serving of beef flank steak has more than 9 grams of total fat, and nearly 4 of those grams are saturated. Venison contains 3 grams of total fat and only 1 of those grams is saturated. Venison would be the better option.

#### Cholesterol

Elevated cholesterol levels in the blood lead to plaque formation in the arteries of humans and a higher risk for heart disease. The human body makes some cholesterol naturally for cell production and hormone release, but an excessive intake is dangerous. Beef has more than three times more cholesterol than venison. A 120g serving contains only 20 milligrams. This same serving size of porterhouse steak contains 76 milligrams. The recommended daily intake for healthy individuals is 300 milligrams. People with coronary heart disease should take in no more than 200 milligrams a day. Venison is better.

#### Calories

Since venison is lower in fat than beef, it is also lower calories. Fat accounts 9 calories per gram. 120g of porterhouse steak contains about 310 calories, while this same serving size of venison contains only 125 calories. Porterhouse steak also contains 22 grams of fat. A top sirloin steak, which is a leaner option, has 240 calories per 120g serving, still considerably higher than venison.

#### Iron

Although venison and beef both have moderate amounts of iron, venison is slightly higher. This mineral is important for oxygen transport throughout the body, and it also helps create connective tissue. Iron deficiency leads to lethargy, weakness and impaired cognitive function. A 120gr serving of venison has about 3.3 milligrams of iron, whilst 120g of top sirloin has 2.1 milligrams. (As

reference - the recommended daily intake of iron is 8 milligrams a day for men 19 and older and women 51 and older. Women aged 19 to 50 should get 18 milligrams a day).

#### B Vitamins

Both - venison and beef contain high amounts of various B vitamins. The B vitamins help break down protein, carbs and fat for energy, and it also assist with red blood cell formation. 120g of venison contains 37 percent of the recommended daily value of niacin, 24 percent of riboflavin and 15 percent of thiamin. This same serving size of top sirloin contains 44 percent of niacin, 35 percent of B-6 and 33 percent of B-12.

#### Fatty acids

Venison (game meat) has a much lower percentage of inflammatory omega-6 fatty acids and more of the good fatty acids, such as anti-inflammatory omega-3, as opposed to beef.

#### Antibiotics & Steroids & Hormones

Venison (game meat) it contains NO artificial induced Hormones, Antibiotics & Steroids. This is perhaps one of the most important aspects, because the game is roaming free in nature, by default venison is the most trusted meat for really being Free Roaming, with no Hormones, Antibiotics and Steroid Free.

Conclusion – from a typical western medical perspective, venison is considered with considerable margin the healthier option of meat.

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## Donation Options

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### How do members of the public make a financial donation?

#### Can I make a direct bank deposit or EFT donation?

Members of the public can donate funds, directly to **Hunt 4 Life**.

We accept anonymous donations, and- all donator information is strictly confidential. Although, we would like to extend our gratitude and recognition to our donors (if they so choose).

The minimum donation is R47-00 which translates to 1 kg of game meat, effectively the meat (mince / diced) for 5 to 7 individual portions at a care facility.

Deposit funds or EFT directly into **Hunt 4 Life bank** account, banking details:

Acc name: Hunt 4 Life NPC, Bank: NEDBANK, Branch: No: 11573400, Acc No: 2027802894,  
Acc type: SAVINGS ACCOUNT.

Note: Please send a notice with your details, to contact **Hunt 4 Life** at [admin@hunt4life.co.za](mailto:admin@hunt4life.co.za) or call: 076 0837747 should you have any enquiries.