



FOOD BANKS

Athens | Thessaloniki | Thessaly | Drama | Epirus | Crete | Western Greece Region

**ANNUAL
REPORT** 2023
Statistical Data

Σου περίσσειψε ο μουσακάς;
Ας περιμένει ο αρακάς!



Ναι στην απόλαυση!
Όχι στη σπατάλη Τροφίμων!



Μη ρωτάς ποιος θα τις φάει;
Κάντε αύριο σπεντζοφάι!



Ναι στην απόλαυση!
Όχι στη σπατάλη Τροφίμων!



Πριν χαλάσει το αβοκάντο
κάτι άλλο βρες και κάν'το!



Ναι στην απόλαυση!
Όχι στη σπατάλη Τροφίμων!



Σου περίσσειψε σπανάκι;
Κάντο αύριο με αρνάκι!



Ναι στην απόλαυση!
Όχι στη σπατάλη Τροφίμων!



Έχει ημερομηνία λήξης;
Πρόλαβε να τους εκπλήξεις!



Ναι στην απόλαυση!
Όχι στη σπατάλη Τροφίμων!



Σου περίσσειψε καρότο;
Βάλτο αύριο στο ριζότο!



Ναι στην απόλαυση!
Όχι στη σπατάλη Τροφίμων!





Food Bank

This report describes the performance of Athens Food Bank in 2023. The year marked an increase in all activities, especially in targeted actions. We responded immediately to the needs caused by the floods in Thessaly and continue to do so in 2024. An important development was the creation, by the organization Go2gether, of the Food Bank of Western Greece, in Patras. The family of food banks has now seven members, covering about 70% of the country's population.

The approval of an amendment in our Statutes enabled an increase in the number of our Directors, bringing in new blood and ensuring continuity and improvement in operations. Superannuated Boards are one of the basic weaknesses of Greek NGOs.

In 2023 Dimitris Nentas was appointed General Manager. Dimitris joined us ten years ago and earned his position by his ability and dedication. Our workload is increasing in volume and complexity. We must also keep in constant contact with the other food banks and participate in the activities of the European Federation of Food Banks. Our staff, at every level, responded well to the challenges and deserve our warm thanks.

Last year we hired one more person in the administration. We now employ seven full time persons, four in the warehouse and three in administration, also a part time accountant. Deloitte audits our financials and SOL Crowe our Emergency Food Fund special programs. The increase in our activities is reflected in our rising expenses. In round figures, in 2023, our total expenses were 394.000 Euro, including 53.000 in taxes. These were covered as follows:

Income from our investments 45%
Donations for covering overhead 45%
Donations for targeted actions 10%

We expect expenses to be at a similar level in 2024.

Income from our investments covers less than half of our costs, for the rest we depend on donations and I warmly thank all those who help us, hoping that they will continue to do so and find imitators. I also thank, and on behalf of those we help, the companies that send us their products, our volunteers, Deloitte which audits us for free and all who support us.

Panagis Vourloumis
President of the Board of Directors

So, what are “Food Banks”?

- Civil society organizations
- that collect food from production surplus and other donations
- administer this appropriately
- and offer it to charitable institutions for free

For every food donation

- The donating companies are exempt from VAT on their donations
- Our fellow citizens, who are in need, benefit from these donations
- There is no environmental burden

Are there many Food Banks?

- In 30 European Countries
- Total of 351 Food Banks
- In Greece there are 7 members of the European Food Banks Federation (FEBA): Athens, Thessaloniki, Thessaly, Drama, Epirus, Heraklion and Patras.
- The Food Bank of Athens represents them at FEBA.

Reducing food waste

#Foodbank



Fighting hunger

#Foodbank



Protecting the environment

#Foodbank



How do food banks operate? They:

1



Collect food surplus from:

- Food industries
- Super Market Chains
- Food traders
- Agricultural Cooperatives
- Government agencies
- Citizens

2



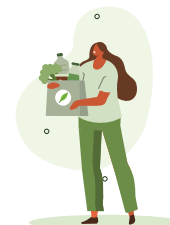
Store products safely, in suitable conditions

3



Donate the food to soup kitchens and other charities in the area where they operate

4



Ensure the food reaches the final recipients, the people who need it



2023 In Numbers

Overall throughout Greece

2.148 TONS
30.506 TONS
SINCE 1995



128.303
PEOPLE SERVED



149
FOOD COMPANIES



41.748 CHILDREN
31.431 ELDERLY
15.269 DISABLED
11.960 MIGRANTS



Member of the Coalition
for the Reduction of Food Waste

WITH THE SUPPORT OF
ΣΕΒΤ
FEDERATION OF HELLENIC FOOD INDUSTRIES

WITH
THE
SUPPORT
OF





333

CHARITIES



19 NURSING HOMES

208 SOUP KITCHENS

21 CHILD CARE INSTITUTIONS

3 RESIDENTIAL INSTITUTIONS

35 SUPPORT BODIES FOR DISABLED PERSONS & MENTAL HEALTH CENTERS

6 DRUG REHABILITATION CENTERS

6 SUPPORT STRUCTURES FOR REFUGEES AND IMMIGRANTS

22 MUNICIPALITIES

FOR EVERY KGR
OF PRODUCT

0.18€

OPERATIONAL COST



14

ESTIMATED PRODUCTS VALUE
OPERATIONAL COST



Member of the European Food
Banks Federation (FEBA)





Our Gratitude

To the welfare foundations and companies that help us operate

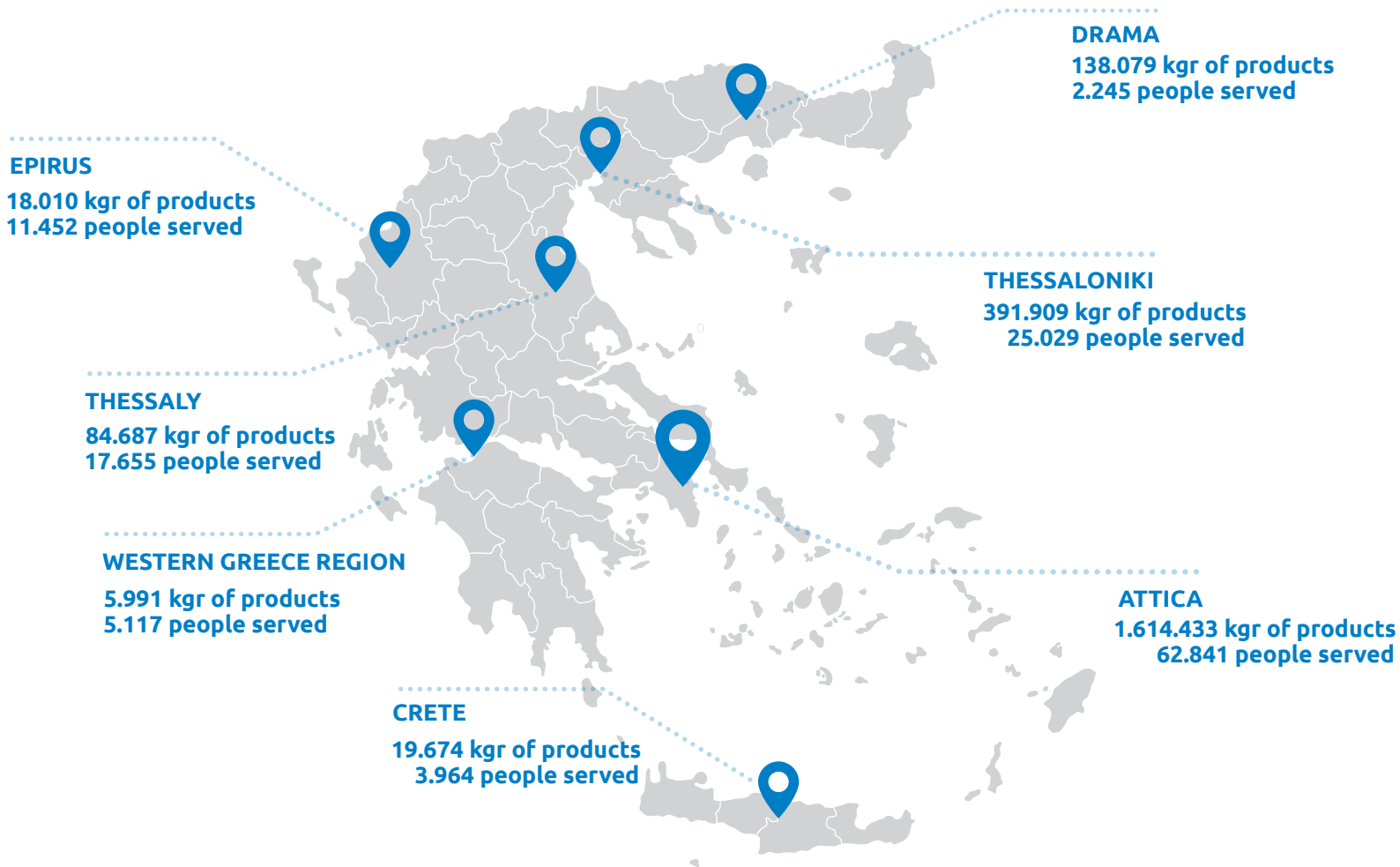


PIRAEUS BANK





Food Banks in Greece



* Including 124 tons exchanged between the food banks

Support for flood victims









With the support of SEVT
(Federation of Hellenic Food Industries)
Aid mission to Thessaly

With thanks to CHEP for food transportation



From the devastating September floods up until the end of the year, the Food Bank has received 29,053 kg of essential food items, from donations made by 17 companies, with the additional support of SEVT (Federation of Hellenic Food Industries)

Additionally, with further charitable monetary donations, an extra 7,766 kg of essential items were purchased.

The food was stored in Athens and transported in stages as needed to the Thessaly Food Bank, while the logistics company CHEP helped with the transportation of the products.

Several companies delivered their products directly to the Thessaly Food Bank, while the Thessaloniki Food Bank also secured donations of products from companies in Northern Greece for the same purpose.

For 2024, Nestlé Hellas has already provided 2 tons of Nesquik breakfast cereals —prioritizing children— and more than 70,000 cups of Loumidis “Papagalos” Greek coffee for our elderly fellow citizens.

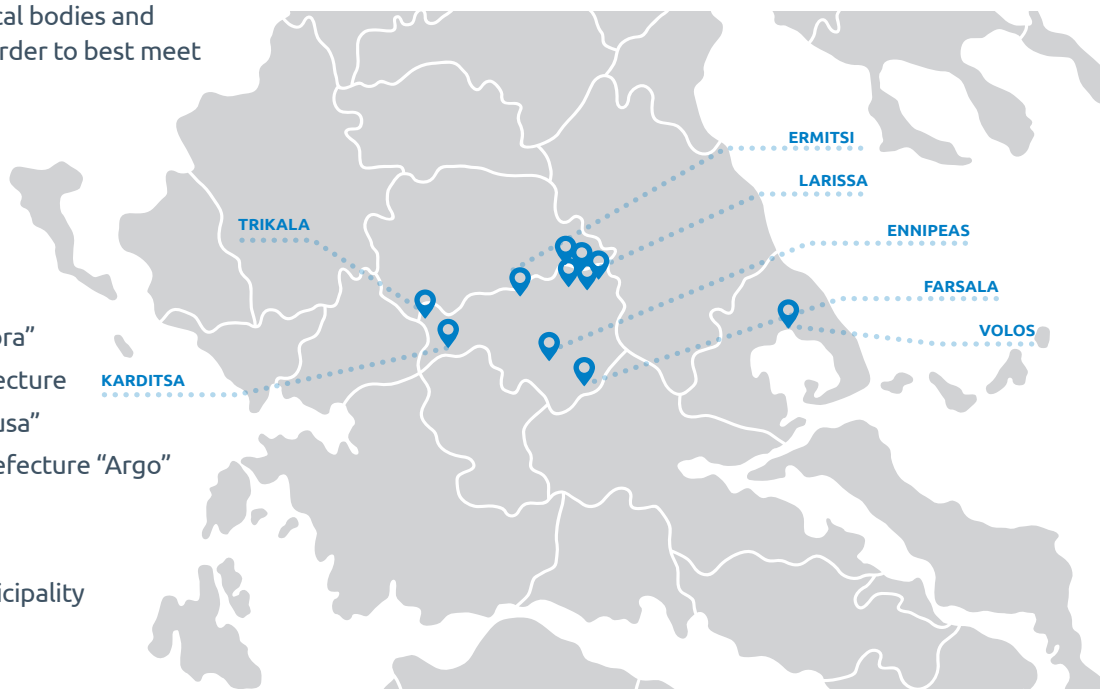
Initiatives to support the flood victims continue in 2024.

Support for flood victims

In collaboration with the Thessaly Food Bank, we supply local bodies and organizations with which we already have partnerships in order to best meet the needs that exist throughout throughout the region.

Bodies and organizations that have received products:

- Social Centre for Flood Refugees of Ermitsi, Karditsa
- “Ioannis Chrysostomos” Charitable Organization
- Roma Centre of Creative Activities for Children “Horis Sinora”
- Association of Parents with Three Children of Larissa Prefecture
- Farsala Charitable & Missionary Association “Panagia Eleousa”
- Association of Parents with Three Children of Magnisia Prefecture “Argo”
- Nea Smirni Informal Volunteer Group
- Church of St. Irini Chrysovalantou
- Association of Parents with Three Children of Farsala Municipality
- Larissa Municipal Nursing Home
- Larissa Labour Centre
- Association of Parents with Three Children of Karditsa Prefecture: *“the food was useful even though it wasn't enough to cover all needs”.*
- “Stiriksi” Centre of Creative Activities for Children with Disabilities: *“we did not find help anywhere else, so the Thessaly Food Bank’s aid was very important”.*
- “MoirazOmai” Volunteer group: *“it was useful, considering this is about people that lost everything overnight”.*
- Act for Karditsa: *“It is good to work alongside people who are with you in hard times, not just in the first ten days but continuously... The Thessaly Food Bank is, once more, by our side”.*



Survey

A survey on the needs of soup kitchens supported by the Athens Food Bank

Eurostat EU-SILC survey [ILC_MDES03]

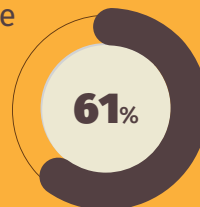


This is the third paper prepared and published by our Food Bank. Responses to the questionnaires were collected in the period from 27 June to 17 July 2023. As in previous cases, the questionnaire was aimed exclusively at soup kitchens serving the general population, while Food Bank also supplies charities serving social groups with different and special characteristics (nursing homes, orphanages, institutions for the disabled, drug rehabilitation centres, etc.).

People who turn to soup kitchens have particularly low incomes (for various reasons) while the difficult family situations they face increasingly put pressure on their family income and lead to a situation of food insecurity.

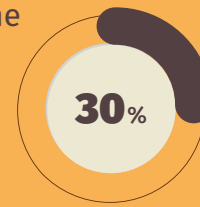
The Food Bank survey

The



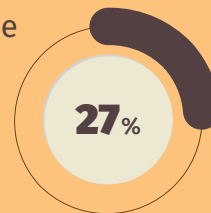
of soup kitchens report that the people they help are unable to provide at least one meal a week for themselves.

The



of soup kitchens receive daily requests they cannot handle.

The



of soup kitchens respond that they adequately meet people's needs in foodstuffs.

Food Bank's contribution

By managing **Surplus Food**

83% of soup kitchens were able to offer a greater variety of food to the people they help.



We support the viability of soup kitchens.



48% of soup kitchens managed to increase the number of people they helped.



We protect the environment.



Food Bank accepts food donations from companies whose products it then offers free of charge to soup kitchens and charities. While these products are suitable for consumption, they cannot be absorbed by the market. The most likely scenario is that they would otherwise be disposed of at landfills and end up degrading the environment. These foods are referred to in this document as "surplus food".

Redistributing surplus food via Food Banks is an international best practice which is recommended to protect the environment and meet food needs. At the same time, it ensures that food is rationally managed. After all, valuable natural and economic resources and human capital are used to produce it.

Typical Cases

Families sharing the same roof.

The couple are **65** and **62** years old respectively. They live with their youngest son's family, their two grandchildren as well as the **82**-year-old grandmother. Of the entire family, only the son works; they also have the grandmother's pension, but she has many health problems. The entire family faces major difficulties in getting by.

A low-earning family with 3 girls.

Both parents work part-time and receive a very low salary. They live at the grandmother's house since they cannot afford to rent. They primarily receive food aid but also need school supplies and clothes for the children.

Actions



with the support of



54

TONS OF FOOD,
COLLECTED IN 2023

milk,
pasta,
legumes,
tomato paste,
cereals,
flour,
sugar
and other kind of food

Concerns food drive activities from supermarkets, with the contribution of volunteers, especially before Christmas and Easter holidays.

They are important because they collect types of food which are not easily donated and enable us to improve the dietary mix.



Municipality of
Western Achaia

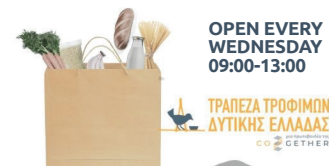
Sagaika Roma
Community Centre Branch

New Food Bank !

On December 4, 2023, the Food Bank of Western Greece was inaugurated at its headquarters in Patras. This new Food Bank is an initiative of the civil non-profit organization Co2gether and seeks to address food needs in the regional prefectures of Achaia, Ilia, and Aitolokarnania.

Through the "Co2gether Life Visits", it was discovered that there are many households that are unable to meet even their most basic food needs. Every day, there are families who are deprived of food with a high nutritional value.

In its first month of operation, the Food Bank of Western Greece provided 2 tons of food to relevant facilities and impoverished families in the Region of Western Greece.



For more information visit co2gether.gr

Actions



Μέλος της FEBA
(Ελληνική Ομοσπονδία Τραπεζών Ευρώπης)

Fresh Food Rescue
(FFR)

2023

suyana

We provided

47.200 kgr

of fresh fruit and vegetables

the products were donated by
8 food companies of the Athens Central
Vegetable Market



'Food salvage'

fresh fruit and vegetables

We are taking action so that good quality fresh fruit and vegetables, which have not been sold by the sell-by date, can be distributed to people who need them.

Every week, we collect food from selected companies.
This food is used to meet the needs of soup kitchens, homeless people and refugees in Athens.

Emergency Food Fund



Andreas & Shirley
Kramvis Foundation



The **Andreas**
Mentzelopoulos
Foundation

SANI | IKOS
GROUP

Individual programs, with different sponsors and specific results, are implemented under the **Emergency Food Fund** umbrella.

Within each program's framework, food is purchased to meet targeted needs for specific social groups, providing the types of food they need most.

These programs serve the needs of families, the elderly, and children, in cooperation with selected soup kitchens and institutions from the Food Bank network in Athens and other regions of Greece.

Emergency Food Fund

**20**SOUP-KITCHENS
IN ATHENS**9**SOUP-KITCHENS
IN THESSALONIKI**1**SOUP-KITCHEN
IN PTOLEMAIDA

FOOD PURCHASED AND DISTRIBUTED

100.750**kgr of various products:**meat, milk, olive oil, pasta, tomato paste,
legumes, sugar, flour

Examples of Beneficiaries.

- A single-parent family comprised of a divorced mother suffering from cancer and a child who is an adolescent. The child's school-related costs are borne by the family, but the mother needs large amounts of money to treat the disease at hospital and for medical examinations.
- A married couple living in a home purchased with a mortgage. Both are on low salaries. They have four children, two of whom are on military service in the provinces. The two girls are students in Athens. Recently one of the children underwent surgery to fix an issue with her spine. Each month they receive assistance in the form of basic foodstuffs and occasionally clothing.
- The mother is 70 years old and lives with her substance-addicted son, aged 45, in a privately owned house. She cleans and does small jobs insofar as she is able to. She receives food once a month.



410.000 MEALS 59.700 GLASSES OF MILK



Emergency Food Fund



THE HELLENIC INITIATIVE

Andreas & Shirley
Kramvis Foundation

"Eliminating food waste while tackling food scarcity is not just a noble mission, but a remarkable achievement for Food Bank Greece".

George P. Stamas, THI's Board President

"The Food Bank stands as a stark reminder of the ongoing challenges post the Greek economic crisis. Fortunately, THI collaborates with responsive groups, like the Greek Food Bank, ensuring immediate aid to those who require it the most."

Maria Allwin, THI Board Member





Emergency Food Fund



The **Andreas
Mentzelopoulos**
Foundation in **2023**
we provided

11.539 kgr

(chicken, long-life milk,
peas and beans)
to 11 institutions

which support 460
people with visual
impairment, physical
difficulties and
intellectual disabilities.

"**The Food Bank** stood by our side in 2023, supporting us with large quantities of food products! We'd like to express our heartfelt thanks for the long-standing and invaluable support!"

ASSOCIATION OF PARENTS OF MENTALLY HANDICAPPED PERSONS (E.G.N.Y.A)

"When food donations are substantial, it is directly reflected in our financial reports. It allows us to divert funds that were intended for food to other operational needs, like doctors, medicine, or building maintenance"

ASSOCIATION OF PARENTS, GUARDIANS, AND FRIENDS OF AUTISTIC PERSONS "AGIOS NIKOLAOS"

The institutions we support include:

"ERGASTIRI" Ano Liosia

SOS AUTISM CENTRE Thrakomakedones

AMIMONI - PANHELLENIC ASSOCIATION OF
PARENTS,
GUARDIANS AND FRIENDS OF PEOPLE WITH
VISUAL IMPAIRMENT Elliniko

CARE HOME FOR INTELLECTUALLY DISABLED
PERSONS - AGIOI ANARGYROI Pallini

Social Action and Innovation Centre
KALYPSO Kapandriti

Social Action and Innovation Centre
ALKIONIS Kapandriti

KOKKORI FOUNDATION Glyfada

E.G.N.Y.A Lagonisi

ASSOCIATION OF PARENTS, GUARDIANS
AND FRIENDS OF AUTISTIC PERSONS
"AG. NIKOLAOS" Paiania

Association for Regional Development
and Mental Health Penteli

Civil Non-Profit Company Thalpi &
Mathisi Rafina



Emergency Food Fund



The **Andreas
Mentzelopoulos**
Foundation

in **2023**
we provided

50.434 kgr

(chicken, rice, milk, pulses,
pasta, tomato juice)

to support families, in
collaboration with 50
institutions in Athens,
Evros and Patras

With the support of the Mentzelopoulos Foundation, 2023 saw the implementation of family support programs in collaboration with 50 institutions in Athens, Patras, Evros, Crete, Thessaloniki, and Drama, as well as a support program for disabled persons in Athens.

Evros

“

“The Food Bank stood by our side in 2023, supporting us with large quantities of food products! We'd like to express our heartfelt thanks for the long-standing and invaluable support!”

Vasilios Mavridis
Mayor of Orestiada

Patras

“

“I wish I could convey the scenes we encounter during many of our interventions and the need these people have for essential goods. We again thank you kindly for your service and your support through this program”.

Chrysanthi Frantzi
Merimna Patras



Emergency Food Fund





Emergency Food Fund



PAUL & ALEXANDRA
CANELLOPOULOS
FOUNDATION

With the support of the
**Paul and Alexandra
Canellopoulos Foundation**



**For Epirus
& Crete**

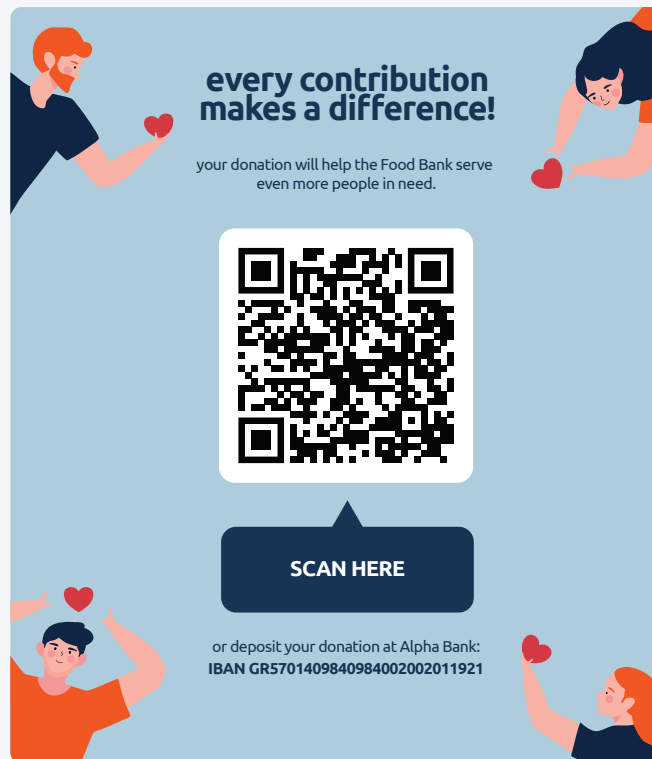


15.396

LENTILS, RICE, PASTA
AND TOMATO PUREE
FOR

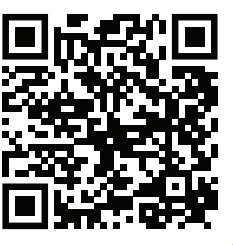
6.585

The **Paul and Alexandra
Canellopoulos foundation**
supported the two new food
banks in Epirus and Crete



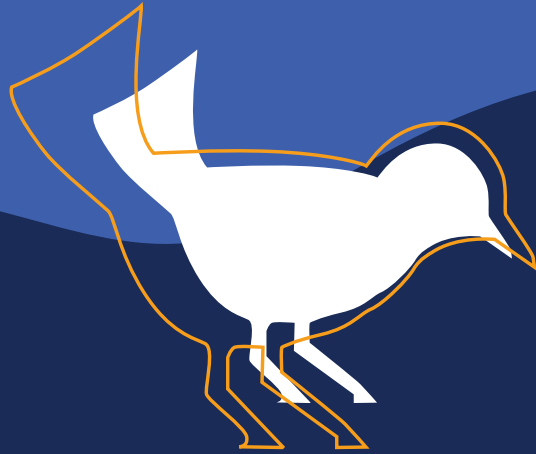
**every contribution
makes a difference!**

your donation will help the Food Bank serve
even more people in need.



SCAN HERE

or deposit your donation at Alpha Bank:
IBAN GR5701409840984002002011921



Your **contribution**
makes the difference

SUSTAINABLE
DEVELOPMENT
GOALS



A big **Thank you** to the companies that
contributed to this great success



From the annual Greek Food Banks conference in Athens - October 30, 2023.
Members and volunteers from all the Food Banks in Greece



Thessaloniki Food Bank

Private Law Entity



ΤΡΑΠΕΖΑ ΤΡΟΦΙΜΩΝ
ΘΕΣΣΑΛΟΝΙΚΗΣ

391.909

KILOS OF PRODUCTS

25.029

PEOPLE

36

CORPORATE DONORS

98

SOUP KITCHENS AND INSTITUTIONS

11

PREFECTURES IN
NORTHERN GREECE

SOCIAL WELFARE CENTRE OF CENTRAL MACEDONIA

- Your generous donation and support clearly demonstrate the principles of solidarity and service, as well as love, care, and support for children.

KASSANDRA RURAL PRISON

- Thank you for your continuous contributions. We hope that God gives you strength and guides you to express your love through such charitable acts.

SOS Children's Village of Plagiari

- A massive "thank you" for your love and continued support.

MUNICIPALITY OF KONITSA

- Many thanks for your valuable support, social contribution and the tangible solidarity demonstrated by your kind donations. Your positive actions contribute to the relief of our beneficiaries.

Church of Agios Therapon, Thessaloniki

- We feel a sense of gratitude to you for organizing, collecting and distributing so many goods, we consider you intimate and fellow travellers in the Ministry for our poor and vulnerable brothers and sisters.

ARTOS & DRASI - Greek Charitable Association

- Thank you for your support throughout the year & especially for your immediate response to our food donation request.

BENJAMIN Child Support Society

- Warm thanks for your tangible help so we can continue our important work in child support.



Thessaloniki Food Bank

Food aid is distributed via the Thessaloniki Food Bank throughout Northern Greece to meet the region's primary needs, while also supplying food to the neighbouring Food Banks in Drama and Epirus.



The volunteer group “Initiative for the Child” recently awarded the Thessaloniki Food Bank

MERIT FOR VOLUNTEERING

The Board of Directors of “Initiative for the Child” has decided to honour the

THESSALONIKI FOOD BANK

for its volunteer efforts towards the care and safety of children who are in danger, thus awarding it the distinction

HONORIS CAUSA

Veria 18 November 2023

President of the Board
Nikolaos Karatolias

ΤΙΜΗΣ ΕΝΕΚΕΝ

Βέροια, 18 Νοεμβρίου 2023

Ο Πρόεδρος του Δ.Σ.
Νικόλαος Καρατόλιος

Thessaly Food Bank

Operating as a store for the Food Bank of Athens



84.687

KILOS OF PRODUCTS

17.655

PEOPLE

16

CORPORATE DONORS

24

SOUP KITCHENS AND INSTITUTIONS

In 2023, the Thessaly Food Bank engaged in information and awareness raising initiatives for children and people with disabilities on topics such as food waste, environmental protection and fighting hunger, the value of food, and solidarity.

Additionally, a theatrical performance of the fairy tale “The Dream” was presented at the Municipal Conservatory of Larissa. The young actors were students from “Theatrikes Pinelies - Theatrical Brushstrokes”, Creative Activity Centre “Dimiourgiki Porta - Creative Door”, and Snoopy Kids House daycare and kindergarten. The central theme of the performance was solidarity and, instead of an admission fee, food donations were collected from the audience.

“The Dream” is the work of author Beatriki Saia - Magrizou, published by the Food Bank in 2022 and distributed for free.





Drama Food Bank

An initiative of the charitable association Ladies Union of Drama



138.079

KILOS OF FOOD

2.245

PEOPLE

24

CORPORATE DONORS

6

SOUP KITCHENS



- 4,300 kilos of fresh fruit and vegetables were salvaged from Drama's open-air market.
- 9,983 kilos of bakery products, cookies and sweets were redistributed from bakeries in Drama to better support people.
- **KIDS OFFER LOVE!** Students from each school donated food for the Food Bank. The food was packaged and then distributed by the children themselves from the Food Bank's facilities to people in need. An experiential workshop for volunteering and awareness raising with the Food Bank of Drama!



Epirus Food Bank

Civil non-profit company headquartered in Arta



18.010

KILOS OF PRODUCTS

11.452

PEOPLE

7

CORPORATE DONORS

18

SOUP KITCHENS AND INSTITUTIONS

"... We'd like to thank for your valuable support, social contribution and the tangible solidarity expressed by your kind donation. Our goal is to serve the 96 beneficiaries of this facility by providing food packages and essentials... thank you for your sensitivity..." Social Grocery, Municipality of Konitsa





Food Bank of Crete

An initiative of the Union of Women Associations of Heraklion



19.674

KILOS OF PRODUCTS

3.964

PEOPLE

7

CORPORATE DONORS

20

SOUP KITCHENS AND INSTITUTIONS

The activities of the Crete Food Bank continued in 2023, distributing food to 20 institutions, sourced both from the Athens Food Bank and local sponsors. Many thanks to Chalkiadakis S.A. for providing warehouse space free of charge.





Member of the European
Food Banks Federation
(FEBA)

www.eurofoodbank.org



Contact Us

+30 210 6220025 - www.foodbank.gr - info@foodbank.gr