

SCHOOL MEAL/FEEDING PROGRAM(S)

School year: 2020–2021

- Program on Food Aid and Promotion of Healthy Nutrition – DIATROFI

Lead Agency: The Prolepsis Institute

NATIONAL LAWS, POLICIES, AND STANDARDS

- National school feeding policy
- Nutrition
- Food safety
- Health
- Agriculture
- Private sector involvement

Line item in the national budget...

- Yes No No response

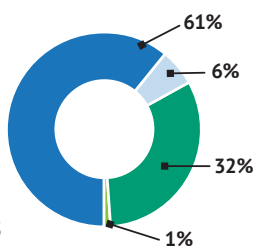
BUDGET

Total: USD 1,179,955

- Government: USD 714,403
- International donors*: USD 73,822
- Private sector: USD 381,015
- Other donors: USD 10,716

Includes funding from the United States Department of Agriculture Yes No No response

*International donations by United Nations agencies or non-governmental organizations often represent funding from multiple donors.



INFRASTRUCTURE

All schools in Greece have electricity, piped and clean water, and flush toilets, while very few have dedicated eating spaces/cafeterias or kitchens. School meals are prepared off-site in private facilities.

SPECIAL NOTES

The DIATROFI Program is implemented by Prolepsis Institute, a nongovernmental nonprofit organization; this program is not supported/implemented by the Government of Greece. The European Union's school fruit, vegetables and milk scheme is not included in this report, although it was operational in Greece during the 2020/2021 school year. Some population and enrollment numbers from the UNESCO Institute of Statistics (UIS) were used to complete this report.

MEALS/SNACKS/MODALITY

- Breakfast
- Lunch
- Dinner
- Snacks
- Take-home rations
- Other

- Grains, cereals
- Roots, tubers
- Legumes, pulses, nuts
- Dairy products
- Eggs
- Meat
- Poultry
- Fish
- Green, leafy vegetables
- Other vegetables
- Fruits
- Oil
- Salt
- Sugar

- Dairy milk
- Yogurt drink
- Fruit juice
- Tea
- Water
- Other

Prohibited food items: Processed meats (except for turkey ham), brioches, croissants, pies prepared with puff pastry (only pastry prepared exclusively with olive oil as the added fat is permitted), chewing gum and candies, and sugar-sweetened beverages.

FOOD SOURCES

- Purchased (domestic)
- Purchased (foreign)
- In-kind (domestic)
- In-kind (foreign)

COMPLEMENTARY ACTIVITIES

- Handwashing with soap
- Height measurement
- Weight measurement
- Testing for anemia
- Deworming treatment
- Eye testing/eyeglasses
- Hearing testing/treatment
- Dental cleaning/testing
- Menstrual hygiene
- Drinking water
- Water purification

COMPLEMENTARY EDUCATION PROGRAMS

- Food and nutrition
- Agriculture
- School gardens
- Hygiene
- Health
- Reproductive health
- HIV prevention
- Physical education

The checked items were provided in most or all participating schools.



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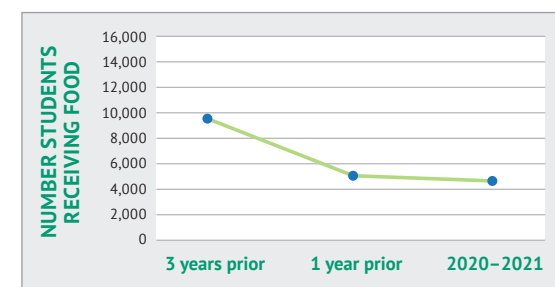
Hellenic Republic



SCHOOL MEAL PROGRAMS

CHILDREN RECEIVING FOOD, 2020–2021

School level	Total	# Enrolled	# Receiving food
Pre-school	177,356	155,730	1,433
Primary school	824,248	604,497	2,823
Secondary school	761,053	617,280	614
Total	1,762,657	1,377,507	4,870

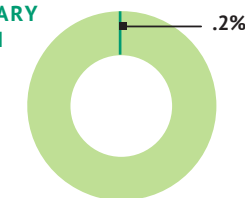


COVERAGE: PRIMARY AND SECONDARY SCHOOL-AGE CHILDREN

Total number primary and secondary school-age children: 1,585,301

Receiving school food: **3,437**

- Pre-schools
- Vocational/trade schools
- Other



NUTRITION

School feeding program(s) included/involved the following:

- Fortified foods
- Bio-fortified foods
- Micronutrient supplements
- Nutritionists involved**
- Special training for cooks/caterers in nutrition
- Objective to meet nutritional goals**
- Objective to reduce obesity**

Food items fortified/biofortified:

Not applicable

Micronutrients:

Not applicable

ADDITIONAL INFORMATION

Food and nutrition education and physical education are used to prevent or mitigate overweight/obesity.

STUDIES CONDUCTED

"Dietary patterns and food insecurity of students participating in a food aid program: the Mediterranean perspective," authored by C. M. Kastorini et al. and published in 2021 in the European Journal of Public Health.

"Effectiveness of a school food aid program in improving household food insecurity; a cluster randomized trial," authored by A. Dalma et al. and published in 2020 in the European Journal of Public Health.

"Promotion of healthy nutrition among students participating in a school food aid program: a randomized trial," authored by D. Zota et al. and published in 2016 in the International Journal of Public Health.

RESEARCH NEEDED

Further research to evaluate the nutrient intake of students, as well as the measured (not self-reported) weight and height of all students.

AGRICULTURE, EMPLOYMENT, AND COMMUNITY PARTICIPATION

Jobs created by school feeding programs*

- Cooks and food preparers
- Transporters
- Off-site processors
- Food packagers and handlers
- Monitoring
- Food service management
- Safety and quality inspectors
- Other

**If blank, no response was provided.*

Farmers were involved with the school feeding program(s)...

- Yes No No response

Other private sector (for profit) actors were involved...

- Yes No No response

There was a focus on creating jobs or leadership or income-generating opportunities for...

- Women Other groups
 Youth No response

There was community engagement (by parents or others) in the school feeding program(s)...

- Yes No No response

Were there links between food banks and the school feeding program(s)?

- Yes No No response

ADDITIONAL INFORMATION

Food for the program is purchased through open-bid (competitive tendering) procedures in which farmers of all sizes successfully competed. The private sector is contracted to provide supplies (utensils) and food trading, food processing, transport, and catering services.

CONTACTS: GREECE

Agency: Prolepsis Institute (non-governmental organization)

Website: <http://diatrofi.prolepsis.gr/en/>

SUCCESSSES AND CHALLENGES

Recent successes related to school feeding in Greece include evidence of a decrease in food insecurity and the prevalence of underweight/overweight/obesity, as well as improvement in children's eating habits. Additionally, school principals, teachers, and students' parents report that social cohesion, collegiality, and solidarity have been strengthened within the school community; cooperation and communication between parents and schools have been enhanced; and school dropouts have decreased.

Challenges include the securing of adequate funding each school year in order to provide a healthy meal for as many students as possible; evaluating and coordinating with various suppliers nationwide to ensure timely delivery and to sustain equal standards of quality among them; covering schools in remote areas with logistical difficulties; controlling and monitoring the processes and conditions under which meals are preserved in schools since correct preservation was of primary importance for the meal quality and students' safety; monitoring and testing of products to ensure continued adherence to the technical standards of the meal, often requiring visits to suppliers' facilities and periodic sampling of meals; continuously improving meal quality by testing and combining ingredients to ensure not only the provision of a highly nutritional meal that covered approximately 25-30% of students needs in energy, but also enhancing variety of choices to satisfy students preferences; as well as new challenges posed by the COVID-19 pandemic.

EMERGENCIES/COVID-19 PANDEMIC

In Greece, most schools were open for the 2020/2021 school year, though some were closed and operating remotely. The COVID-19 pandemic resulted in decreases in the number of students fed and the amount of funding for school feeding. There was also a temporary change in feeding modality (e.g., switching from in-school meals to take-home rations). The DIATROFI program responded to the COVID-19 pandemic to cover the needs of students even when schools were closed. For example, while schools were not open, a two-week food package was delivered to the families. The food was provided in separate lunch boxes to avoid cross-contamination, with all ingredients packaged separately inside. In addition, COVID-19 prevention information was integrated into the curriculum of most or all participating schools. Greece was also affected by a natural disaster during the 2020/2021 school year.

PROGRAM ON FOOD AID AND PROMOTION OF HEALTHY NUTRITION – DIATROFI

Lead implementer(s): Prolepsis Institute

OBJECTIVES:

- To meet educational goals
- To provide a social safety net
- To meet nutritional and/or health goals
- To prevent or mitigate obesity

MODALITIES OF PROVIDING STUDENTS WITH FOOD:

- In-school meals
- Take-home rations

FREQUENCY AND DURATION:

- 5 times per week during the school year
- Bi-weekly take-home rations provided while schools were closed

TARGETING:

Geographic (schools selected according to socioeconomic criteria)

HOW MANY STUDENTS RECEIVED SCHOOL FOOD IN 2020–2021 SCHOOL YEAR?

School level	# Students	% Girls	% Boys
Pre-school	1,433	–	–
Primary school	2,823	–	–
Secondary school	614	–	–
Total	4,870	–	–

FOOD AND BEVERAGE ITEMS:

Grains, cereals	Poultry	Fruits
Dairy products	Green, leafy vegetables	Oil
Eggs	Other vegetables	Dairy milk

* *fortified*

FOOD SOURCES:

99.5% Purchased (domestic) **0.5% In-kind (domestic)**
 0% Purchased (foreign) 0% In-kind (foreign)

If blank, no response was provided.

ADDITIONAL INFORMATION:

The DIATROFI Program on Food Aid and Promotion of Healthy Nutrition began operating in Greece in 2012. Mechanisms to limit food waste include the use of sealed food storage and fumigation/pest control in storage areas, constant communication with schools to provide the needed number of meals, and the distribution of excess meals to families in need. During the 2020/2021 school year, 102 public schools participated in the program. For the upcoming school year, there are plans to serve 5,500 students.

