

Program on Food Aid and Promotion of Healthy Nutrition

The Program on Food Aid and Promotion of Healthy Nutrition provides students of public schools in underprivileged areas around Greece with a daily free, healthy meal. The menus are designed to meet students' nutritional needs, while simple and useful tips encouraging healthy nutrition are included in the specially designed material. Additionally, events and activities for both parents and students are organized with the participation of nutrition specialists and chefs for more detailed information on everyday nutritional and inexpensive choices.

The Program, which was piloted in approximately 6.300 students of 34 schools during the period April – June 2012, continues this current school year for a total of 25.309 students of 162 schools around Greece. It is implemented by the Institute of Preventive Medicine Environmental and Occupational Health, Prolepsis, with the donation of the Stavros Niarchos Foundation.

The Program on Food Aid and Promotion of Healthy Nutrition is designed and implemented in order to fulfill a dual purpose: On one hand an effort is made to deal with the reported and intensifying food shortage problems faced by students of many schools while at the same time, healthy nutrition and promotion of healthy habits in general are reinforced.

The program is coordinated by the Prolepsis scientific team, in collaboration with the Athens Medical School and volunteers.

For more information about our actions and particularly ways to support the Program on Food Aid and Promotion of Healthy Nutrition, please visit our website www.prolepsis.gr.