

## SCHOOL MEAL/FEEDING PROGRAM(S)

Most recently completed school year:  
Sept 2017 to June 2018 (175 school days)

- National School Lunch Program
- Food Aid and Promotion of Healthy Nutrition Program-DIATROFI

### Lead Agency:

- Ministry of Education and Religious Affairs
- Prolepsis Institute

## NATIONAL LAWS, POLICIES, AND STANDARDS

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

Line item in the national budget...  Yes  No  NR

### BUDGET

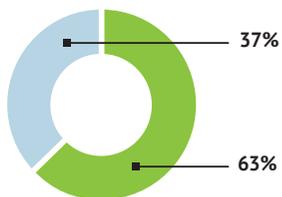
Total: USD 1,454,375

National government: USD 541,619

International donors\*: NA

Private sector: USD 912,756

Other donors: NA



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

## INFRASTRUCTURE

All schools have electricity, piped water, clean water and flush toilets but very few schools have dedicated eating spaces/cafetrias or kitchens. Most toilets are gender-private.

## SPECIAL NOTES

Third party survey response. Information provided mostly by <http://diatrofi.prolepsis.gr/en/> and secondary data review. Prolepsis receives funds from regional and local government for program however the government is not responsible for management of the program.

NR = No Response

## MEALS/SNACKS/MODALITY

- Breakfast
- Lunch
- Dinner
- Snacks
- Take-home rations
- Conditional cash transfer

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

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

## FOOD SOURCES

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

## COMPLEMENTARY ACTIVITIES

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

## COMPLEMENTARY EDUCATION PROGRAMS

### EDUCATION

- Nutrition
- Health
- Food and agriculture
- Reproductive health
- Hygiene
- HIV prevention

### OTHER

- School gardens
- Physical education

The checked and highlighted items are reported as required, though they may not be uniformly implemented.

= mandatory



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GREECE

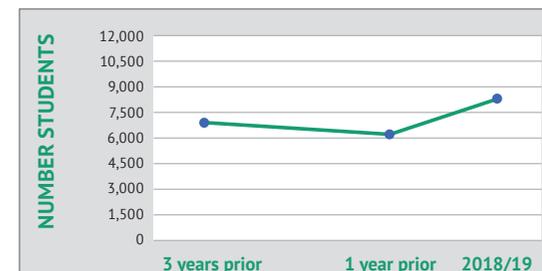
# Hellenic Republic



## SCHOOL MEAL PROGRAMS

### CHILDREN RECEIVING FOOD, 2017-18

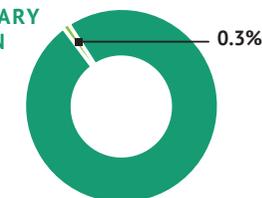
School level	Total #	# Enrolled	# Receiving Food
Primary school	824,248	604,497	3,110
Secondary school	761,053	617,280	1,758
<b>Total</b>	<b>1,585,301</b>	<b>1,221,777</b>	<b>4,868</b>



### COVERAGE: PRIMARY AND SECONDARY SCHOOL-AGE CHILDREN

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

Receiving school food: 4,868



Food was also provided to some students in:

- Pre-schools
- Vocational/trade schools
- University/higher education
- Other

## NUTRITION

School feeding program(s) include/involve 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:**

No

**Micronutrients added to fortified foods:**

No

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## ADDITIONAL INFORMATION

School meals were prepared off-site in private facilities by caterers.

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## CONTACTS: HELLENIC REPUBLIC

**Agency:**

Government: Ministry of Education and Religious Affairs  
Non Government: Prolepsis Institute

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

## AGRICULTURE, EMPLOYMENT, AND COMMUNITY PARTICIPATION

**Jobs created by school feeding programs**

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

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

- Yes  No  NR

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

- Yes  No  NR

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

- Women
- Youth
- Other groups

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

- Yes  No  NR

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## ADDITIONAL INFORMATION

Greece reports childhood overweight/obesity prevalent in the country. Greece's School Food Policy include objectives to improve child nutrition, learn healthy habits, reduce prevent obesity, reduce/prevent malnutrition and improve attainment. The provision of food at school is government's response to meeting some of these challenges.

Regarding food-based standards for lunch, the Mediterranean diet pyramid based on dietary guidelines for Greece (Ministry of Health, 1999) is in place and applies only to schools with dining halls, which offer school lunches to students; no other recommendations included; school lunches are offered only by specific private schools in Greece, for which the Mediterranean diet menu applies.

The results gathered so far indicate that in schools where the DIATROFI Program is implemented:

## SUCCESSES

1. Food insecurity has decreased
2. Children's eating habits have improved
3. The number of underweight, as well as overweight and obese, children has decreased.

Additionally, the school principals, teachers and parents of the students report that:

4. Social cohesion, collegiality and solidarity has strengthened within the school community
5. The educational work of the school and cooperation and communication between parents and the school has enhanced
6. School dropouts have decreased

## CHALLENGES

1. Securing adequate funding each school-year is a major challenge, in order to provide a healthy meal for as many as possible students in need.
2. Evaluating and cooperating with various suppliers nationwide, not only demanded highly coordinated actions to ensured timely delivery, but also required an ongoing effort to sustain equal standards of quality among them.
3. Covering schools in remote areas demanded overcoming logistics difficulties, so as to ensure timely delivery to all schools.
4. Controlling and monitoring the processes and the conditions under which the meal was preserved in schools was also a great challenge, since correct preservation was of primary importance for the meal quality and students' safety.
5. Monitoring and testing of products in order to ensured abidance to the technical standards of the meal, was an ongoing process that required often visits to suppliers' facilities and periodically sampling of meals to be tested.
6. 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 enhance variety of choices to satisfy students preferences was also a challenge.

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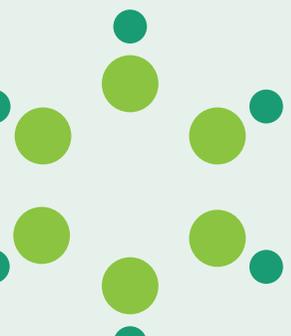
## STUDIES CONDUCTED

1. Dalma A, Petralias A, Tsiampalis T, Nikolakopoulos S, Veloudaki A, Kastorini CM, Papadimitriou E, Zota D, Linos A. Effectiveness of a school food aid programme in improving household food insecurity; a cluster randomized trial. *Eur J Public Health*. 2019 May 24. pii: ckz091. doi: 10.1093/eurpub/ckz091. [Epub ahead of print]
2. Dalma A, Zota D, Kouvari M, Kastorini CM, Veloudaki A, Ellis-Montalban P, Petralias A, Linos A; DIATROFI Program Research Team. Daily distribution of free healthy school meals or food-voucher intervention? Perceptions and attitudes of parents and educators. *Appetite*. 2018 Jan 1;120:627-635.
3. Zota D, Dalma A, Petralias A, Lykou A, Kastorini CM, Yannakoulia M, Karnaki P, Belogianni K, Veloudaki A, Riza E, Malik R, Linos A. Promotion of healthy nutrition among students participating in a school food aid program: a randomized trial. *Int J Public Health*. 2016 Jun;61(5):583-92.
4. Petralias A, Papadimitriou E, Riza E, Karagas MR, Zagouras AB, Linos A; DIATROFI Program Research Team. The impact of a school food aid program on household food insecurity. *Eur J Public Health*. 2016 Apr;26(2):290-6.
5. Kastorini CM, Lykou A, Yannakoulia M, Petralias A, Riza E, Linos A; DIATROFI Program Research Team. The influence of a school-based intervention programme regarding adherence to a healthy diet in children and adolescents from disadvantaged areas in Greece: the DIATROFI study. *J Epidemiol Community Health*. 2016 Jul;70(7):671-7.
6. Yannakoulia M, Lykou A, Kastorini CM, Saranti Papasaranti E, Petralias A, Veloudaki A, Linos A; DIATROFI Program Research Team. Socio-economic and lifestyle parameters associated with diet quality of children and adolescents using classification and regression tree analysis: the DIATROFI study. *Public Health Nutr*. 2016 Feb;19(2):339-47.
7. Dalma A, Kastorini CM, Zota D, Veloudaki A, Petralias A, Yannakoulia M, Linos A. Perceptions of parents and children, participating in a school-based feeding programme in disadvantaged areas in Greece: a qualitative study. *Child Care Health Dev*. 2016 Mar;42(2):267-77.

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## RESEARCH NEEDED

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



# Program report: Greece

All data from the 2017-18 school year

## DIATROFI PROGRAM

**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
- Other: to reduce food insecurity/hunger

### MODALITIES OF PROVIDING STUDENTS WITH FOOD:

- In-school meals

### TARGETING:

Geographic: The program was universal at school level, meaning that in each school enrolled, all students received the meal. However, not all schools in Greece were enrolled. Schools were selected according to socioeconomic criteria.

### HOW MANY STUDENTS RECEIVED SCHOOL FOOD IN 2017-18 SCHOOL YEAR?

School level	# Students	% Girls	% Boys
Pre-school	1,262	–	–
Primary school	3,110	–	–
Secondary school	1,758	–	–
<b>Total</b>	<b>6,130</b>	–	–

### FOOD ITEMS:

Grains/cereals	Poultry	Fruits
Eggs	Green, leafy vegetables	Oil
Dairy products * fortified	Other vegetables	

### FOOD SOURCES:

<b>100% Purchased (domestic)</b>	0% In-kind (domestic)
0% Purchased (foreign)	0% In-kind (foreign)

### NOTES:

A very small percentage was in kind food donations (≈3,000€), in particular olive oil and sandwiches.

