



foodKIND

2022

ANNUAL

REPORT

"The smallest act of kindness is worth more than the grandest intention."
~ Oscar Wilde

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The Beginning

Imagine what it is like to flee your home in fear, to start a journey where you do not know where you are going, where you will sleep each night or where your next hot meal will come from.

War and poverty have led thousands of people to cross the Mediterranean in ramshackle vessels, risking their lives in search of refuge and safety in Europe. Thousands have ended up languishing in refugee camps in Greece with no access to food and no way to provide for themselves and their families. foodKIND was founded in the spring of 2016 to help fill this gap by consistently providing nutritious food.

Since then, foodKIND has served almost one million meals. We are committed to making sure that no one goes hungry in the places we work. We believe food is a human right, not a privilege.

Our Vision

To see a world where every refugee and displaced person has consistent, sufficient and dignified access to food.

Our Mission

“Providing food with compassion.”

We work to ensure that those who may otherwise not have access to the most basic of human needs receive regular food supplies.

2022 at a Glance

Donations raised	€133,000
Meals served	+40,000
Dry food packs delivered	+13,000
Mothers' packs delivered	+3,000



CEO Report

2022 was another challenging year for the world. The outbreak of the Ukrainian conflict, the third year of COVID-19, and the – once again – extreme dry weather in Greece were major challenges that contributed to the loss of incoming donations.

As you know, on the 24th of February 2022 Russia invaded Ukraine, causing terrible suffering to the Ukrainian people, devastating food shortages in some of the world's poorest countries and driving up global inflation. The effects of this have been felt across the charity sector. Donations have fallen as donors find themselves with less disposable income. Combine this with a rise in the cost of food, petrol, electricity and other expenses, it meant that foodKIND fell short of its 2022 financial targets. However, we like to live by the motto “adapt and overcome”, and that’s of course what we did.

The 2022 drop in donations, increased overhead, changing needs in the community we serve, decreased camp access and the loss of our two senior field staff members brought foodKIND to a pivotal point. After much discussion and deliberation by the board, the decision was made to close our operations in Malakasa camp and open our new foodKIND freeMARKET in Athens.

Leaving Malakasa was not an easy decision and not one we made lightly. However, it was the right decision.

By moving to the freeMARKET food bank model, we have lowered our overhead and taken control of our budget. While working in the camps, we were at the mercy of the fluctuating camp population with no control over the number of people we served. The freeMARKET is not only a more dignified way to provide aid, we also register only the number of people we can support at any given time, thus allowing us to scale up slowly.



2023 Goals

On the 6th of Feb 2023, a devastating earthquake shook Turkey and Syria, leaving tens of thousands dead and tens if not hundreds of thousands homeless and in desperate need of humanitarian aid. Our hearts go out to the people of Turkey and Syria and we hope the world rallies to provide the much-needed help, but we must prepare for the effect this will have on the resources available in the humanitarian sector, particularly on some of our traditional supporters. For this reason we have kept our goals for 2023 modest:

- Maintain the work of the freeMARKET with modest 5-10% growth

- Diversify our funding streams
- Add corporate sponsors
- Grow our membership base
- Transition the CEO role to Chief Operating Officer

Yes, we have a challenging year ahead of us but the outlook is not all doom and gloom. We have an amazing new team in the field who, through hard work and determination, have brought the freeMARKET from concept to well-run reality.

We have skilled, enthusiastic new board members and key volunteers joining the team of dedicated people whose efforts make it all possible.

Beyond all of the goals, reports, emails and spreadsheets, we must always remember there are people. People like Nagwa, our very first freeMARKET customer. Nagwa is a mother with a family of five. She doesn't generally speak English, but after she selected her food items for her family, she looked at all of us with tears in her eyes and said the three English words she knows: "I love you".

For Nagwa, and everyone who would otherwise struggle to feed their family, foodKIND will continue to make a difference in people's lives.

We continue to professionalize and grow foodKIND into a long-term sustainable NGO while increasing our impact to reach more people in need.

Deirdre MacLeod, 2022 CEO & Co-founder



Operations

It was another tumultuous year for our operations, with many challenging external events impacting how we operate.

The following is a summary of what we achieved in the past year and how we have changed our operations in the last few months.

Meals provided January-August 2022

Until August 2022, foodKIND remained active in cooking and distributing meals to people living in camps in Greece (specifically at the Malakasa and Oinofyta camps) as we had done since starting out in 2016.

Month	Stats at a Glance
January	- Meals/salad served: 5,554 - Mothers' packs distributed: 556 - Dry food packs distributed: 1,664
February	- Meals/salad served: 6,039 - Mothers' packs distributed: 535 - Dry food packs distributed: 1,664
March	- Meals/salad served: 5,920 - Mothers' packs distributed: 501 - Dry food packs distributed: 1,849
April	- Meals/salad served: 6,558 - Mothers' packs distributed: 565 - Dry food packs distributed: 2,064
May	- Meals/salad served: 5,911 - Mothers' packs distributed: 543 - Dry food packs distributed: 1,680
June	- Meals/salad served: 4,723 - Mothers' packs distributed: 500 - Dry food packs distributed: 1,890
July	- Meals/salad served: 3109 - Mothers' packs distributed: 260 - Dry food packs distributed: 1435
August	- Meals/salad served: 2675 - Mothers' packs distributed: 172 - Dry food packs distributed: 1200

Restructuring and starting our new project

One of the advantages of being a small organization is the ability to react quickly to changing needs. At the end of August 2022, after long and hard consideration, foodKIND decided to respond to the changes in needs and redesign the programme. Therefore, we pulled out of the Malakasa and Oinofyta camps, and redirected our focus on meeting the growing need in Athens. In September and October we were occupied with shutting down our previous programmes, while restructuring and having many internal discussions on what to do next and how best to make ourselves useful in this emergency. The board of directors decided that the best use of our funding and resources would be to establish a free market in Athens. The needs have changed in that most people have access to kitchens and can cook for themselves, live in independent or shared housing, for whom dried and tinned foods make far more sense.

The foodKIND freeMARKET

This new project materialized as a food bank in Athens, where people could come to choose food items to prepare at home. In October and November 2022, we renovated our new space in Kypseli, Athens, recruited a new Head of Operations and volunteers to run the programme, established ourselves within the network of organizations providing food support in Athens, and prepared our structures and systems to effectively run what we named the freeMARKET.

Our operations today are made up of three key branches: 1) regular distributions at the freeMARKET; 2) outreach to people with mobility issues via grocery delivery in our van; 3) continuing to support pregnant and nursing mothers in Malakasa and Oinofyta camps with food supplement packs designed together with a midwife and nutritionist.

In November 2022, we officially opened our doors for our first distribution day.

How the freeMARKET system works

The amount of food we provide allows people to cover their basic needs without creating dependency on our programme. We want to support those in need while encouraging them to find alternative solutions.

Adult Child over the age of 12	5 kg dried items 3 tinned items 1 litre of oil 1 spice 12 eggs 2 hygiene items 1 packet of sanitary pads for each woman
Child aged 2-12	3 kg dried items 2 tinned items 1 hygiene item
Babies 0-2, or a pregnant mother	1 milk

	1 kg dried item 1 tinned item 1 other item
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We have a budget of 4000 euros per month for food in the shop, and an additional 1000 euros per month for mothers' packs. The demand is increasing rapidly and we already have a long waiting list. Increased funding would allow us to cover a lot more people and expand our impact.



October 2022, the freeMARKET pre-renovation



October 2022, renovations underway



November 2022, the freeMARKET is ready to open!



December 2022, stocking shelves



December 2022, food distribution



January 2023, a volunteer in action



January 2023, assembling mothers' packs



April 2022, serving fruit salad at Oinofyta camp



May 2022, mother's pack distribution Malakasa



March 2022, volunteer and child at Malakasa

2022 Financial Report

The following accounts are presented in EUR in accordance with the association statutes and the Swiss Code of Obligations (CO).

BALANCE SHEET As of 31 December 2022

	31 Dec 2022	31 Dec 2021
Assets		
Cash		
Cash at Bank	38,894	84,929
Total Cash	38,894	84,929
Inventory		
Food Purchases	2,000	2,000
Total Inventory	2,000	2,000
Fixed Assets		
Vehicle	7,275	9,920
Total Fixed Assets	7,275	9,920
Total Assets	48,536	96,849
Liabilities and Equity		
Current Liabilities		
Accrued G&A costs	1,050	700
Accrued social security costs	-	1,200
Total Current Liabilities	1,050	1,900

Equity		
Current Year Earnings	(47,464)	33,445
Retained Earnings	94,949	61,505
Total Equity	47,486	94,949
Total Liabilities and Equity	48,536	96,849

STATEMENTS OF OPERATIONS
For the 12 months ending 31 December 2022

	FY 2022	FY 2021
Income		
Donations - Direct Bank Transfers	52,157	40,034
Donations - Grants	70,303	127,814
Donations - Platforms		43,644
Donations - Restricted		15,424
Donations - Volunteers	2,121	2,303
Rent from volunteers	8,790	11,860
Total Income	133,370	241,079
Less Operating Expenses		
Total Food Expenses	118,746	147,926
Cooking Fuel	442	765
Net Salary	10,165	5,674
Social Security Expenses	2,898	1,781
Motor Vehicle Expenses	4,878	4,246
Per Diem	8,336	9,049
Rent	13,073	13,693
Cleaning / Household	2,361	2,466
Utilities	4,794	4,358
Petrol / Gasoline	6,542	5,638
Printing and Stationery	-	1,169
Repairs and Maintenance	450	813
Travel	1,061	654
Depreciation and Gain/Loss on Sale (Vehicle)	1,375	-
Total Operating Expenses	175,149	198,232
Less G&A Expenses		

Insurance	412	682
Professional Services	2,416	4,895
Advertising & Communication	63	22
Software	909	868
Telephone & Internet	206	288
Website Hosting & Other Website	469	822
Registration & Association	331	401
Total G&A Expenses	4,807	7,977
Less/Plus Financial Costs/Income		
Foreign Currency Gains and Losses	(342)	(2,259)
Bank Fees	1,219	3,683
Total Financial Costs/Income	877	1,424
Net income for the period	(47,464)	33,445

Board of Directors

- Deirdre Macleod,
Chair
- Daria Dixon,
Chief Operating Officer
- Yusuf Kar,
Secretary
- Erica Lanzi
Treasurer
- Katrin Gyga,
Director
- Saimon Satyanathan,
Fundraising Director
- Anne-Claire Costes,
Director of Communications
- Kate Ireland
Director



Volunteer Network

Volunteers are the heart and soul of foodKIND and without them, we wouldn't exist. Words cannot express our gratitude for their dedication, passion and commitment.

Our team is made up of many volunteers based around the globe, working across our finance, communications, fundraising and administrative functions. And in 2022, we were supported by 55 volunteers in the field.

Safeguarding & Care

At foodKIND, we take seriously the care and protection of both our volunteers and the people we provide food for. We have carefully designed safeguarding policies that aim to protect the safety, security and dignity of all people who come into contact with foodKIND. For more information on our safeguarding policies, visit www.foodKIND.org/safeguarding

Partners

We would like to thank the following partners for their support



Make a Contribution

You can support us in our work by holding a fundraiser, making a one-off donation or setting up a monthly contribution. To make an online donation, visit www.foodKIND.org/donate; or set up a bank transfer using the details below:

foodKIND CHF account

Post Finance 8000 Zurich | BIC: POFICHBEXXX | IBAN: CH43 0900 0000 8984 4683 7

foodKIND EUR account

Post Finance 8000 Zurich | BIC: POFICHBEXXX | IBAN: CH56 0900 0000 9110 4932 8

foodKIND GBP account

Wise Payments Ltd | 56 Shoreditch High Street London, E1 6JJ | Account Number: 89014786 | Sort Code: 23-14-70 | IBAN: GB37 TRWI 2314 7089 0147 86

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