

**Presentation of the voluntary work
15.2 2022**

**VAASA FOOD AID
VAASAN RUOKA-APU
VASA MATHJÄLP**

FOUNDED 4.11 2014

INDICATORS OF THE ACTIVITIES

FOOD DISTRIBUTION

- about 7.700 kg/week -> 400.000 kg/year
- about 82.000 plastic bags with food/year

PERSONS RECEIVING FOOD

- about 900 persons/week + 60 persons getting home delivery by the Neighbour Association (Lähimmäisyhdistys)

THE WORK OF THE VOLUNTARIES

- the labour input by the voluntaries more than 500 h/week
- the value of their work almost 500.000€/ year

REGULAR ACTIVITIES OF THE ASSOCIATION

The activity is concentrated to the logistic centre at Kauppapuistikko 22.

- The excess food is brought to the centre,
- where it is sorted, prepared, packed into portions and finally put into plastic bags for the distribution

The association has four distribution points:

- The logistic centre (Mondays/Fridays)

- The Church of Vetokannas, Gerbyntie 27 (Tuesdays)

- Ristikka youth centre, Jyrsijäntie 2 (Wednesdays)

- Sepänkylän community centre, Sepänkyläntie 24 (Thursdays)

Our association also co-laborates with several congregations and associations

COLLABORATORS

WE GET FOOD FROM

- Retailers (36)
- Wholesaler Kespro
- Schools in Vaasa and Mustasaari
- Vaasa Central Hospital
- Lunch restaurants (3)
- Bakeries (8)
- Delicatessen Riitta
- Food industry (Snellman)
- Farmers
- Helsinki Mill

FOOD DISTRIBUTORS

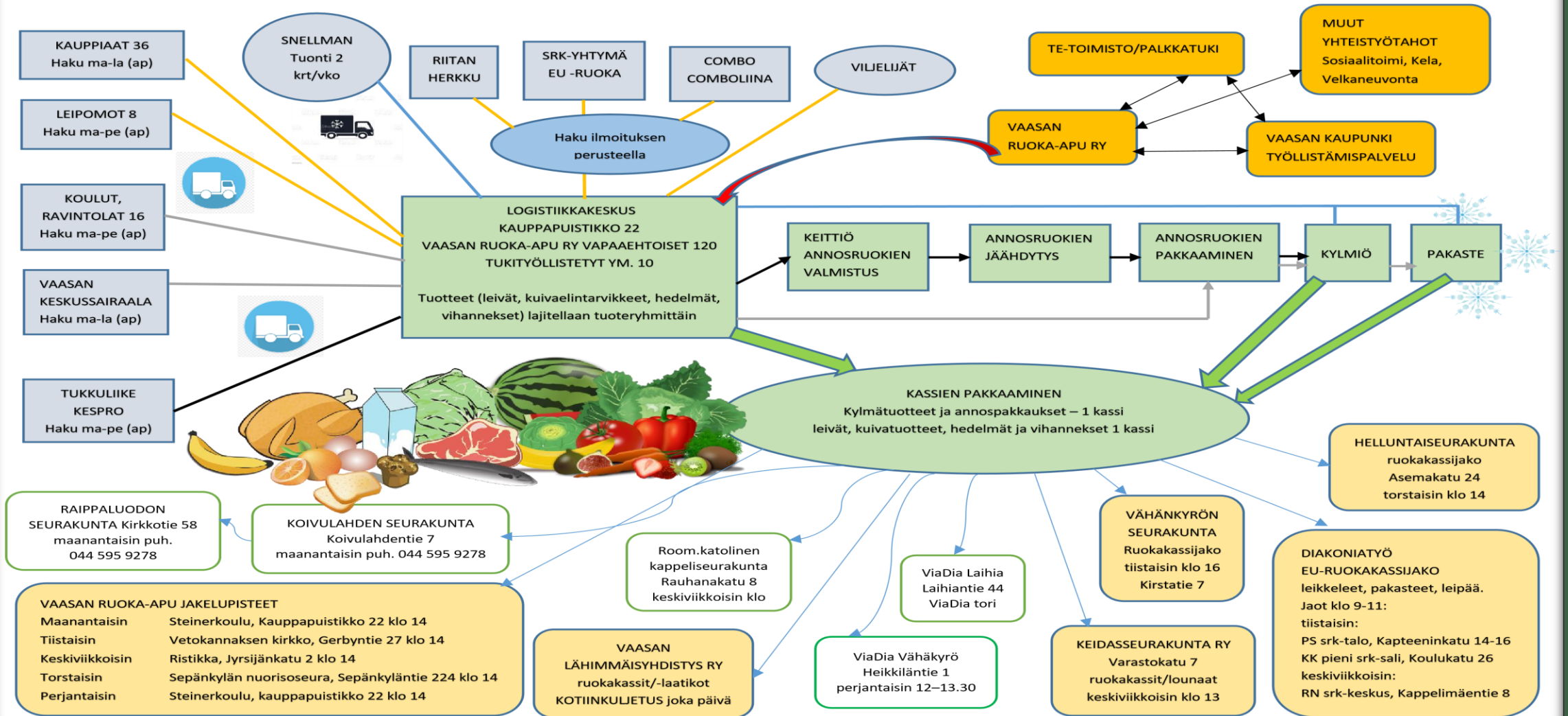
- Vaasa Food Aid
- Deacon work of the Lutheran congregations
- Vaasa Neighbour congregation (Lähimmäisyhdistys)
- Finnish Pentecostal congregation

- The Oasis (Keidas) congregation
- Raippaluoto congregation
- Koivulahti congregation
- ViaDia Kyrönmaa and Laihia
- Korsnäs congregation
- Sulva congregation

MORE COLLABORATES

- City of Vaasa
- Community of Mustasaari and Maalahti
- Martha's of Vaasa
- Methodist Church
- Baptist Church
- Swedish Pentecostal congregation
- Project by SITRA (Finnish independence foundation)
- The Common table of Vantaa
- The Including Fellowship partner

LOGISTIIKKAKESKUKSEN YLIJÄÄMÄRUOAN JAKELU MR



TO BE A VOLUNTARY

Now we have about 330
voluntaries.

Many of them belong to
the COVID-19 risk group
because of sickness or age.

The active group of
voluntaries consists at
present of 60-80 persons –
most of them Finns, but also
many with multinational
background.

All voluntaries are insured
(accident insurance)

WHAT TO DO AS A VOLUNTARY?

Drivers: Bring the food from our retailers and wholesalers to the logistic centre and transport the packed bags to the delivery places

Portion packers: Make portions, mainly of food that we get from schools and from the Central Hospital

Chefs: Prepare food of the products (meat, vegetables, fish etc), that we get from our retailers and wholesalers.

Sorters: Sort the food in separate groups (bread, fruits, meat, milk and cool products)

Packers of the plastic bags: Fill the bags with food according to a specific number and also the boxes for the families that get their food delivered home by the Neighbour Association

Distributors (usually the drivers) of the bags: Hand over the bags (about 100 – 200 bags/day) to the customers at the logistic centre or at the distribution places.

VOLUNTARY WORK – WHAT DOES IT MEAN...?

Our policy and goals are that the voluntaries are willing to serve, objective and polite:

- we are doing good

- we help distressed

- we reduce need and suffering

- we respect human dignity and sanctity

THE RIGHTS OF THE VOLUNTARIES



During the workday you get one warm meal



· When the workday is over you can pack yourself an own bag



· Training to get a hygiene passport



(The city of Vaasa is ready to pay for the training if you are interested)

THE OBLIGATIONS OF THE VOLUNTARIES

Voluntaries must follow and respect given instructions

The instructions from the Food Agency:

· The food must be valid as food for men,

must not cause damage for health and not mislead the consumer.

· The voluntary must remember not to break the cold chain and make sure to pass forward the food as fast as possible - for example for fast storing

Waste sorting

· sort organic waste, paper, glass, metal in separate bins

Persons in charge in the logistic centre

· John Åsvik (Mondays, Wednesdays, Saturdays)

· Jarl Lindholm (Tuesdays, Fridays)

· Rune Bäckström (Thursdays)

HOW TO JOIN THE ACTIVITY?

If you want to join the Vaasa Food Aid activities you can either become a member or a voluntary or both, by filling a form on the net (Vaasa ruoka- apu.fi) or a paper version that you can get from the logistic centre, or you can phone our member secretary (p. 050-5539649).

If you choose to become a voluntary, you will automatically be insured.

Please note! Before you can be a voluntary the board of the association will handle each application.

We require COVID-19 passport or vaccine evidence from the voluntaries.