



A SLICE OF BREAD

6

WITHOUT PEOPLE AID DOES NOT EXIST

We would like to devote the latest issue of "A slice of bread" primarily to the Food Aid Operational Programme 2014-2020, or rather to the effects it is bringing to our reality. We have decided to present the materials from the conference which summarized the implementation of the Subprogramme 2015. Some of our participants have prepared their statements for publication. We encourage our readers to get familiar with the statements, look at these people's joint activities from a broader perspective that will allow you to notice their deeper meaning, not just the practicalities of the project's implementation.

The statements provided by the conference participants suggest that the FAOP stimulates people to be active. Also, apart from providing food, it helps in establishing new relationships. New cooperation platforms are created, where we learn how to best complement our activities. We hope that our readers will perceive these activities as the means for building a community of people involved in interacting with each other, regardless of which link in the chain of help they are.

We invite you to read the texts. They include very personal statements, made by people whose situation is or was difficult. They show that a lot of courage is needed to talk about oneself and one's needs, about faith in oneself and in other people's kindness.

Also, we would like to present our partner organizations and their offer – the stands they have prepared, their enthusiasm and commitment. Their daily activities, which are close to the people and for the people, prove the need for human activity aimed at the development of what is good in us. (kb)



POLITICS AND SOCIAL INVOLVEMENT OF CITIZENS

For years in the Polish public space the perverse belief has prevailed that politics is a kind of gambling, in which there is no space for honest people who are really concerned for the common good. Such a false understanding of politics distorts public life in our country, closing the way for many young people who want to get involved in Polish affairs. However, in actual fact, "politicking" has been done – without publicity, at grass roots level, by many people engaged in various charitable, educational, local or religious activities. They have done a lot of 'practical' good, trying to solve mundane human problems. These people do not usually realize that they participate in politics in its deepest sense, namely they work for the common good.

Many years ago Feliks Koneczny wrote: "A true politician is immersed in politics all the time. A few hours a day and 365 days a year." And this is precisely the case with people involved in food aid charity. Not every social activity is good by definition. To be so, it must comply with ethical rules. It goes without saying that in our culture these rules are based on Christian ethics. Therefore, what we need is the work of people who are socially committed and morally well-formed.

The Food Banks, including the Food Bank in Lublin, provide aid to people in need; and food is the most fundamental human need. People who perform this service sometimes deal with the biggest human poverty. They help and save others, but at the same time they elevate themselves morally and spiritually. They constitute a unique community of people concerned for the common good.

The meeting held in the Blue Hall of the Regional Office in Lublin was attended by the representatives of the local governments, social welfare units and non-governmental organizations from different part of the Lublin region. It provided an opportunity to strengthen this community. Their discussions and conclusions were really stimulating and offered the chance to take even more effective action. They also had great educational value. It is not possible to heal Polish public life without people dedicated to social activities.

A nation is a kind of community of communities, which is formed bottom-up. Politicians are not prepared for public service by being instructed in various publicity gimmicks and the rules of inter-party competition. Real politicians are brought up through social work.

It is therefore worthwhile to promote initiatives undertaken by the Food Banks, as they play a very important role in our social (hence political) life. It is important to publicise the daily activities of people involved in community work at grass roots level. They should be real models for the young generation, preparing to enter adulthood.



PERSEVERANCE BROUGHT AN EFFECT

Malgorzata Kutnik strove hard to launch the Food Aid Programme in her native municipality Serniki. The serious illness she suffered had changed a lot in her life, and food aid was necessary. When she learned about the programme, she did her best to enable other people living in her municipality also to benefit from it.

It worked, and thanks to the organisation "The helping hand", the people in Brzostówka (the name of her village) will soon start a food distribution programme. Malgorzata and other people in need will receive their long-awaited food aid.

Our heroine says she is going to encourage people from the less active villages in her municipality to participate in the Food Aid Operational Programme 2014-2020.

MP



Professor Mieczysław Ryba
a historian and university lecturer,
a member of the IPN College
(the Institute of National Remem-
brance), an associate professor
of the Catholic University of Lublin,
a member of the Chapter of
the Order of Polonia Restituta.

ZJAZD LUDZI DOBREJ WOLI, CZYLI KONFERENCJA „KROMKA CHLEBA Z SERCEM”

Dnia 22 czerwca 2016, z inicjatywy prezes Banku Żywności w Lublinie, odbyła się w Sali Błękitnej Urzędu Wojewódzkiego w Lublinie konferencja podsumowująca dotychczasową realizację (Podprogram 2015) Programu Operacyjnego Pomoc Żywnościowa (POPŻ 2014–2020). Patronat nad wydarzeniem objęli: Ministerstwo Rodziny, Pracy i Polityki Społecznej oraz Lubelski Urząd Wojewódzki. Uczestnicy konferencji chętnie dzielili się swoimi praktykami i spostrzeżeniami. Dobrą realizację programu widzieli w zaangażowaniu liderów, nawiązaniu stosunków partnerskich z władzami samorządowymi i ośrodkami pomocy społecznej. Ważną rolę spełnia wiara w sensowność działań. Padały słowa, że wystarczy chcieć, że: „Wszystko zaczęło się od jednego telefonu”. Szczere zaangażowanie i współpraca staje się kluczem do skutecznej realizacji programu, która opiera się przede wszystkim na pracy wolontariuszy. Tam, gdzie ludzie potrafią współpracować, korzystają wszyscy. Prelegenci zwracali uwagę na legendarne już biurokratyzowanie programu. Jedną z realizatorek programu zachęcała, by przełamać niechęć do biurokracji, wskazując, że przygotowane są gotowe wzory formularzy, które należy tylko prawidłowo wypełnić. Zastanawiano się, co zrobić, by zachęcić gminy pozostające poza Programem

(w woj. lubelskim jest ich stosunkowo niedużo – poniżej 18%) do współpracy. Takim sposobem byłaby lepsza promocja i skuteczniejsza informacja (lokalne media, parafia) osób bezpośrednich zainteresowanych. Można przypuścić, że pod presją dobrze poinformowanych beneficjentów (wyborców) samorządy będą bardziej skłonne do nawiązania współpracy przy realizacji programu. Rozmawiano też o konieczności wzmocnienia promocji programu, która jest niewystarczająca. POPŻ wciąż nie jest programem dobrze rozpoznawanym. Wielu uczestników podkreślało ogromne zaangażowanie zarówno wolontariuszy, jak i pracowników OPS, które często podejmują podwójny wysiłek w obsłudze programu, łącząc rolę osoby wydającej skierowania i żywność. Przedstawiono skuteczny i efektywny model współpracy z ochotniczymi strażami pożarnymi, dzięki którym możliwa jest dystrybucja żywności w gminach, gdzie są jedynymi organizacjami obywatelskimi. Wskazano, że współpraca koła gospodyń wiejskich i OSP nie należy do popularnych modeli wspólnych działań, choć takie partnerstwo mogłoby być bardzo pomocne przy realizacji PO PŻ. Przy okazji rozmów o dystrybucji żywności zwrócono uwagę na konkursy ogłaszane przez samo-rządy. Padła propozycja, by rozważyć możliwość wydłużenia okresu finansowania z roku do np. dwóch lat, ze względu na ponadroczny czas trwania niektórych, które pozwoliłoby na uniknięcie czasochłonnego aplikowania w kolejnym konkursie. Padły też słowa o komplementarności podczas realizacji PO PŻ. Wzajemnie uzupełniające

się działania różnych programów unijnych, rządowych, samorządowych i społecznych są niezbędne, by realizacja pomocy dla potrzebujących była skuteczna. Mówili o niej przedstawiciele Urzędu Marszałkowskiego: Ewa Pachowska-Kurzępa, główna specjalistka ds. programowania i koordynacji Departamentu Wdrażania EFS, Karolina Matras – kierownik oddziału Funduszy Europejskich Departamentu Zarządzania RPO WL, Mateusz Winiarski – wicedyrektor departamentu PROW oraz Mirosław Fatyga – wicedyrektor WUP w Lublinie. Działania towarzyszące PO PŻ – podstawowe kursy kulinarne (zarządzanie żywnością i zasady dobrego żywienia) i ekonomiczne (budżet domowy) są dopiero pierwszym krokiem na drodze włączenia społecznego i aktywizacji. Wsparcie dla uczestników PO PŻ w ramach EFS oraz innych programów może zapewnić im szansę wyjścia z ubóstwa i zmiany trudnej sytuacji życiowej. Konferencji towarzyszyła część artystyczna i kulinarna. W części artystycznej wystąpił Adrian Makar, laureat konkursu „Mam talent”, a także dzieci z przedszkola nr 87 przy ul. Woronieckiego w Lublinie z pantomimą pt. „Szanujmy ziemię”. Przepyszne regionalne wyroby kulinarne przygotowali przedstawiciele organizacji pozarządowych z gmin Leśniowice, Garbów i Krzywda.

Bogumiła Kótkiewicz
koordynatorka Programu FEAD w latach 2004-2009
i Programu PO PŻ 2015



Participants in the conference

THE SLICE OF BREAD - IT'S A NAME OF THE MAGAZINE ISSUED BY THE FOOD BANK IN LUBLIN

Summing up conference of the Food Aid Operational Program sub-programme 2015 - Fund for European Aid to the Most Deprived (FEAD)

There was a conference summarizing the current implementation of the Food Aid Operational Programme (Fund for European Aid to the Most Deprived) in the Lublin Voivod's Office in Lublin. The president of the Food Bank in Lublin, Ms. Marzena Pieńkosz-Sapieha was an initiator of this conference. Ministry of Family, Labour and Social Policy and the Voivod of Lublin were patrons of this event.

The conference was attended by representatives of partner organizations, experts, representatives of local authorities.

The aim of the meeting was to discuss the issue of good practice and to recognize possible fields of improvement.

Marzena Pieńkosz - Sapieha asked the guests to talk about the ways of helping and how to make FEAD more useful for the most deprived people and for local organizations. During the main panel discussion participants shared their practices. The following conclusions and demands are worth

noting: Implementation of the program depends on the involvement of leaders. Also very important are partnerships with local governments and Social Assistance Centers and the faith in the sense of action. It is easy to start cooperation with organization even after only one phone call. But the specific request has to be addressed. The key to effective implementation of the program is a commitment and cooperation, especially the commitment of volunteers, but it needs to be recognized. Where people can work together, there are benefits for everyone.

Panelists were also talking about problems, specially about legendary FEAD bureaucracy. Most of them understand that some data are just necessary and it is not too hard to fill ready to fill forms.

The next part of the panel was about promotion. The guests talked about ways to increase the number of cooperating organizations and local authorities. There are some places in Lublin area not covered by the food distribution. Neither organisations, nor local authorities do not take part in FEAD.

Guests reported the huge commitment of volunteers and workers of Social Assistance Centers. They often take a huge effort to prepare many documents and to distribute food from the warehouses.

One of the panelists recommended a proven model of cooperation with the Fire Brigade Guards and with other rural local organizations. In his opinion sometimes the help of these voluntary organizations is necessary, due to lack of other charity organizations in some villages.

The next important part of the conference was about how does the FEAD complement the European Social Fund. Representatives of the ESF, Marshal's Office and other institutions explained how the FEAD support is helping people take their first steps out of poverty and social exclusion. The FEAD helps the most deprived people by addressing their most basic needs, which is a precondition for them to be able to get a job or follow a training course such as those supported by the ESF.

The representatives of organizations and young artists presented artistic show and prepared regional cuisine specialties at the end of the conference. The dishes based on the food distributed under FEAD were presented as examples what to do with the food distributed and how to improve daily nutrition of people at risk of poverty and social exclusion.

translation: Bogumiła Kótkiewicz

FIREFIGHTERS HELP - AN EFFECTIVE MODEL OF FOOD DISTRIBUTION WITH THE FAOP

My cooperation with the Food Bank in Lublin dates back to the beginning of its activities. I decided to offer cooperation after I had talked to Ms. President. I realized then that free food distribution handled by the Bank was very needed. I admit that I did not have to be persuaded to cooperate. I have always seen the positive side of the food aid programme: it serves people. I have prepared a storage rooms for the distributed food. This food goes where this aid is needed most - to a few hundred people in the municipality, who account for 5-6% of its population. There are different forms of

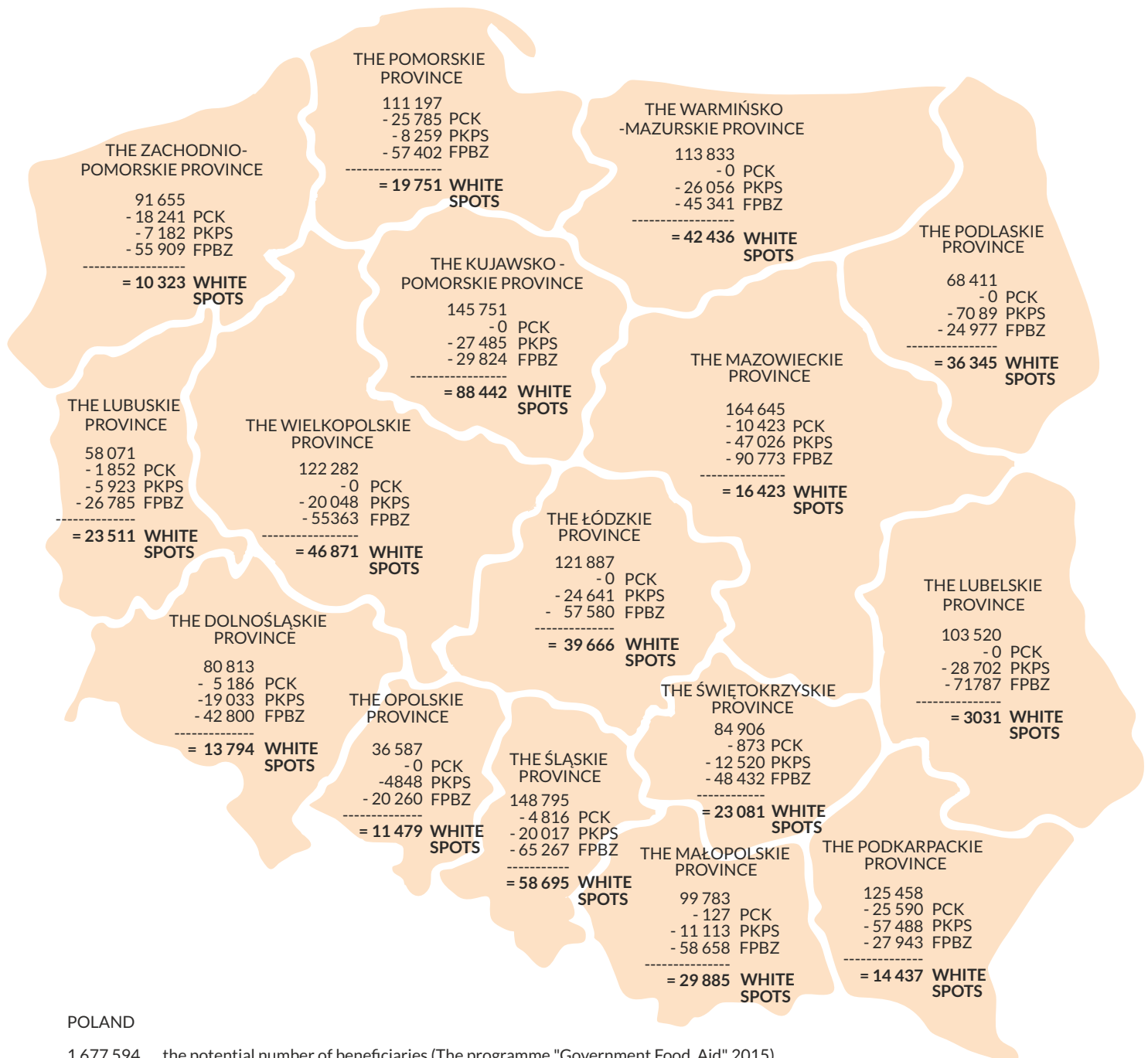
food distribution in different municipalities, and each method is good as long as it reaches its target. In the municipality of Kurów the food supplied by the Food Bank was distributed by volunteers from the Municipal Social Welfare Centers and the Voluntary Fire Brigades There are five volunteer firefighters in our community. Their task is to give widely understood help to people in need. This assistance includes not only putting out fires and dealing with other emergencies, but also providing the proverbial slice of bread for those who need it. We have decided that the Voluntary Fire Brigade, whose functioning is based on the Voluntary Fire Brigades Association Law is the most appropriate social organization in our municipality to handle - in rotation - food distribution. This form of assistance is no less important than fire safety and other

emergency actions. I highly appreciate cooperation organized in this way - here this system works very well. It seems recommendable, especially as Voluntary Fire Brigades are common units (in the Lublin region there are 700), and we have approx. 60 thousand volunteer firefighters.



Stanisław Wójcicki
Mayor of the Municipality Kurów

DISTRIBUTION OF FOOD UNDER THE FOOD AID OPERATIONAL PROGRAMME - SUBPROGRAM 2015



POLAND

1 677 594 the potential number of beneficiaries (The programme "Government Food Aid" 2015)
 - 92 893 the number of people who received aid from the Red Cross
 - 327 430 the number of people who received aid from PKPS
 - 779 101 the number of people who received aid from FPBZ

 = 478 170 the number of people who did not receive help (so called WHITE SPOTS)

EMPATHY IS A BASIS FOR ACTION

I enjoyed participating in the conference and the discussion panel. I listened to the implementers of the Food Aid Programme from the Food Bank partner organizations in Lublin. In their statements and presentations they displayed commitment, a willingness to act and the belief that "where there is a will, there is a way." Their words confirmed what I have long been convinced of: where there is empathy and a kind-hearted approach to human affairs, an aid programme is adequately implemented, for the benefit of the people to whom it is directed.

The FAOP actions taken by the authorities well reflect their attitude to the residents and their problems. "The house shows the owner. A municipality's well-being depends on its steward". Where "the office" empathises with poor people and recognises the need to bring help, there the programme is implemented effectively. Having attended the conference, I conclude that this is the case in most of the municipalities in the Lublin region.

Looking at the FAOP from a nationwide perspective, as one of its coordinators, I believe that the programme is good and meets its objectives. The fact that programme beneficiaries are qualified by the Social Welfare Centres ensures its transparency.

I really appreciate the work done by the team of the Food Bank in Lublin. The way they operate can provide inspiration and set a good example for others.

Aldona Cybulska
the vice-president of the Food Bank in Płock

SOME BASIC INFORMATION

The Food Aid Operational Programme 2014-2020 is a programme managed by the Ministry of Family, Labour and Social Policy. It has been implemented in Poland since 2014 and is closely linked with the Fund for European Aid to the Most Deprived (FEAD).

The Food Banks, the Red Cross, Caritas and PKPS are organizations that receive food from the Agricultural Market Agency, which in the FAOP acts as the Intermediate Body. The FAOP associated with the FEAD can be confused with the programme PEAD, which in Poland was carried out by the Food Banks and other organizations from 2004 to 2013. It is largely because it looks like its continuation. In both of these programmes helping means free food distribution to the needy.

However, there are some fundamental differences. The FEAD i.e. FAOP 2014-2020 is directed to two very specific groups: people whose monthly income does not exceed 150% of the income criterion (from 1 October 2015 the criterion for a single - person household amounts to 634,00 PLN while the criterion for a person running a family household is 514.00 PLN. That means that people whose monthly income does not exceed respectively 951 PLN or 771 PLN are entitled to receive food aid from the FAOP and participate in workshops conducted under this programme), and the homeless.

This information is especially important for people who received food aid from the PEAD, but do not

qualify as beneficiaries under the current programme. The FEAD - in addition to the income criterion - has applied some other criteria taken from the Social Assistance Act. Previously, people who spent a lot of money on drugs and exceeded the income criterion received food parcels or free meals. Now is different. We must remember that.

Those who exceed the "fixed" income criterion can contact their local aid organizations and receive products from the Food Banks, acquired from sources other than the FAOP: from manufacturers, distributors, traders and from collections organized in shops and supermarkets two or three times a year. The Food Banks have expended a great deal of effort to commit large retailers in France, and soon in Poland to providing unsold qualitatively irreproachable commercial products with a short shelf life for aid organizations. Under the new regulations, this rule will apply to stores whose area exceeds 250 square meters., and revenues from food sales account for at least 50% of the total. Traders will have to prepare reports on the amount of food, which will allow us to estimate the scale of food wasting in Poland. After this law takes effect, the poorest will have even more "recovered" or "saved from wasting" food.

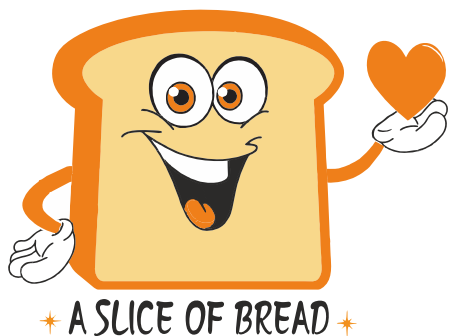
Bogumiła Kótkiewicz
The coordinator of the FEAD Programme in 2004-2009
and the FAOP Programme 2015

IMPLEMENTATION OF THE FAOP- SUBPROGRAM 2015

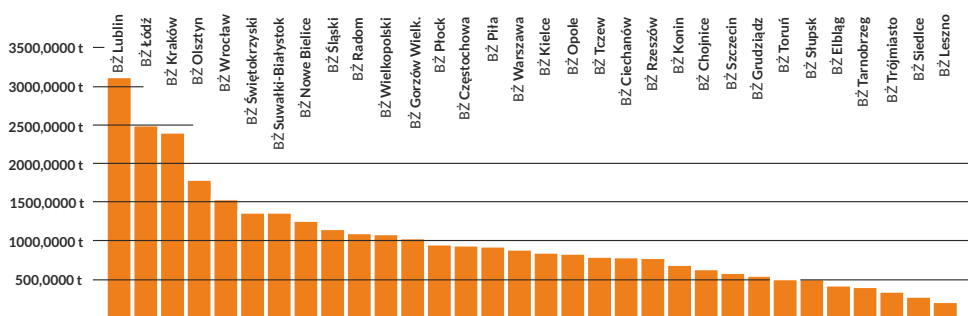
	The total number of beneficiaries who received assistance	how many tons of food in total (t)	How many packets (items)	Number of the Social Welfare Centers (Local Non-governmental Organisations)	average kg/person (kg.)
Lublin	71 787	4 089	336 792	122	56
Kraków	58 658	5 124	431 833	104	87
Łódź	57 580	4 855	409 964	56	84
Biesiekierz	49 237	2 465	151 656	33	50
Chorzów	37 101	2 865	327 225	47	77
Olsztyn	34 643	2 424	230 172	50	69
Poznań	26 812	2 102	185 117	54	78
Ostrowiec	26 289	1 655	144 806	51	62
Wrocław	29 213	2 223	177 102	60	76
Częstochowa	28 166	2 002	182 039	54	71
Białystok	24 977	1 749	137 158	60	70
Kielce	24 977	1 749	137 158	60	70
Gorzów	24 655	2 241	240 100	75	90
Radom	22 557	1 449	151 191	39	64
Rzeszów	21 974	1 300	117 228	26	59
Warszawa	21 399	1 812	137 158	55	84
Opole	20 260	1 446	117 044	45	71
Ciechanów	19 681	1 516	190 906	65	77
Tczew	18 988	1 250	123 132	31	65
Piła	18 548	1 630	241 124	22	87
Chojnice	16 918	1 083	167 913	20	64
Płock	16 587	901	154 433	28	54
Konin	15 344	1 050	94 493	23	68
Słupsk	15 151	862	90 406	14	56
Toruń	14 352	1 085	118 735	18	75
Grudziądz	13 179	1 046	93 680	10	79
Jawor	12 703	745	35 524	14	58
Elbląg	10 723	694	93 680	14	64
Siedlce	10 549	821	33 149	33	77
Tarnobrzeg	8 540	676	78 689	25	79
Gdańsk	7 363	494	59 298	10	67
Leszno	5 595	414	58 848	18	74



Personal economy workshops



PLAN OF FOOD DISTRIBUTION - the FAOP - SUBPROGRAM 2016



FIRST OF ALL, COOPERATION

Scene One

Although I have been involved in social assistance for several years, until last year I mostly associated the Food Bank with the food collection campaigns carried out fairly systematically (systematically enough to get stuck in my memory) in my local supermarket, I also received information from my friends working for Social Welfare Centers, where now and then this magic name "The Food Bank" could be heard.

Scene Two

A few years ago the residents of the municipality where I am currently working received food aid. Food distribution in the municipality was handled by the Association for the Promotion of Rural Culture "Chance." I had been working as the head of the Social Welfare Center in the municipality of Krzywda for several months when the issue of food aid arose. We successfully resumed food distribution, supported by the mayor Jerzy Kędra, the management of the Association represented by Barbara Kot and Małgorzata Prządka and the management of the Food Bank in Lublin.

Effective implementation of such a programme would not be possible without close cooperation between the "local organization" and a Social Welfare Center, and not just at the stage of issuing certificates. While carrying out this programme,

I have had many conversations with people involved in food distribution in our region. I have learnt that in most cases local organizations in small municipalities that undertake this type of tasks function as associations based on their members' voluntary work. They do not have offices. The headquarters of such an association is usually the president's house or an address provided by friends from the local government. In most cases, such an organization does not have its hardware - its members have to use their personal computers. Therefore, the Social Welfare Center or the municipal office often provides them with office and storage facilities. People get engaged in social issues because they want to fulfil themselves in various activities, including help for people in need. Whenever I talk to people involved in food distribution, they always mention a kind of "spark" that makes you abandon your comfortable seat in front of the TV...

The Food Aid Operational Programme 2014 -2020 has the means not only to buy food, but also "technical aid". Undoubtedly, this is of great help - it is not difficult to encourage people to work together at food distribution without being paid, when the only reward is other people's gratitude. However, it is much harder to raise funds from local sources to support these activities. I do not mean only the finance necessary to rent an office and a storage room or to organize food distribution, but also the funds to buy computers, provide training in food

distribution organization, or even advertise the programme locally.

Basically, the Food Aid Operational Programme 2014-2020 was set up to help the largest possible number of people in need. The support of NGOs, joining the programme, could help a lot to achieve this objective and contribute not only to increasing the number of charities in rural areas, but also to consolidating them. And this might further result in launching other programmes for the benefit of local communities. Therefore, in my opinion and in the opinion of the people involved in the implementation of the programme, it is necessary to more sensibly use the funds allocated to technical aid so that the programme will be even more effective.

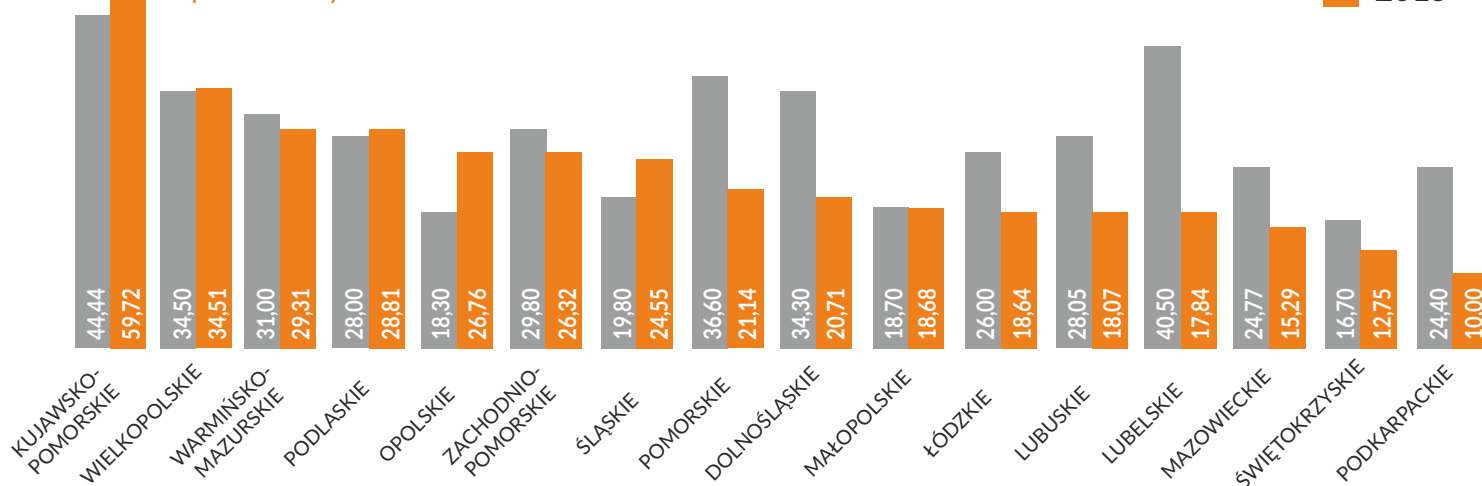
Scene Three

Meanwhile, our Social Welfare Center together with the Association for the Promotion of Rural Culture "Chance." are preparing to implement the Sub-programme 2016 in the hope that maybe next year our dreams will come true.



Tomasz Cieżki
the head of the Municipal Social
Welfare Center in Krzywda

% of Social Welfare Centers in the region which did not participate in the FAOP
Based on the reporting data from the Ministry of Family, Labour and Social Policy,
provided by the Social Welfare Centers.



Poverty or social exclusion - the realization of the EU goals

To delineate the impact area, three criteria were adopted:

- The household income must be lower than 60% of the median income of households in a given country - relative poverty
- The household proves that they cannot - for financial reasons - satisfy at least 4 out of 9 needs (initially there were at least 3 out of 9) - deepened material deprivation
- People of working age in the household do not work more than 20% of the full annual working time - very low work intensity.





THE PROVINCE GOVERNOR ACKNOWLEDGES

I would like to thank you for organizing the conference "A Slice of Bread from the Heart," together with the representatives of the Ministry of Family, Labour and Social Policy, organizations from the Lublin region implementing the Food Aid Operational Programme 2015, as well as the representatives of the local governments and Social Welfare Centers.

The conference, organized by the Food Bank in Lublin, is an important voice in the discussion on the current state and role of charities, including food banks. It proves the need to help the needy and the poor and to raise the awareness of modern society about responsible food management. It is also a good opportunity to single out and give credit to the entities that – through education activities and by supporting the government in fulfilling its social responsibilities – every day help to ensure the smooth implementation of national operating programmes.

Your daily work has a tangible impact on the life of the residents in our region. It can even be measured in terms of meals provided, or the number of people who have been fed. Thanks to your dedication, the Food Aid Operational Programme 2015 has benefited 71,000 people, the poorest inhabitants in the region.

Congratulations to all of you, the representatives of the organizations and institutions involved in the Food Aid Operational Programme 2015, who today have received diplomas and awards. Thank you for your commitment to the problems of people in need, for your readiness to share your experience and for your effort to promote cooperation between the local governments, non-governmental organizations and Social Welfare Centers. I appreciate your hard work, which includes alleviating poverty in the region of Lublin and in Poland, as well as fighting against food waste. I would also like to praise you for your activities aimed at providing information and education about the importance of following a healthy diet and about an effective management of the household budget.. Their popularity among the residents is proved by the fact that there have been 135 workshops organized, which have been attended by over 5500 people. I would like to congratulate you on your success and wish you many new ideas which will contribute to increasing the food security of people in need. Our daily bread Give us today, Lord. This prayer, repeated for two thousand years, is an expression of the request to have a decent living. Every day it is said by a lot of people. I hope that thanks to our joint work and openness to each other, this prayer will be answered. And no one in our country will be hungry.

Robert Gmitruczuk
the deputy Governor of Lublin

INFORMATION FLOW - A GUARANTEE OF SUCCESS

A lot of activities undertaken by different kinds of institution, including helping people in need, go unnoticed by the general public simply because there is no proper flow of information. This problem occurs in all spheres of activity, including food aid. For the sake of people who require widely understood social assistance, promotional and information activities should be carried out by people who are directly involved in this aid. Since I have participated in the implementation of the Food Aid Operational Programme, run by the Food Bank in Lublin, I feel I am the right person to propagate such food aid projects. In turn, initiatives related to food distribution, recommendations on how to economically use food products in the kitchen and what to eat to stay healthy could be effectively developed by the Food Bank. This organization not only effectively provides food for those who need it, but also promotes proper ways of

using it – for example, runs cookery workshops, produces the newspaper "A Slice of Bread" and other publications, launches social campaigns such as the FAOP "culinary inspirations" (the latest news www.pomoc2020.org) or the programme promotion in the local media. The Food Bank is a good - if not the best - ambassador of the Food Aid Programme 2014-2020. In my opinion, the funds allocated to the promotion and advertising of the FOAP should be given above all to such practitioners as the Food Bank in Lublin, as they know how to supply information to beneficiaries, have a lot of good ideas about how to stimulate local authorities, associations and volunteers to action, how to encourage people to change their eating habits and how to effectively prevent food waste.



Waldemar Koziol
The head of the City Social Welfare Center in Chełm

SOCIAL ASSISTANCE ACT OF 12 MARCH 2004. (Dz. U. 2015.0.163)

AID IS GRANTED TO INDIVIDUALS AND FAMILIES IN PARTICULAR ON ACCOUNT OF:

- 1) poverty;
- 2) orphanhood;
- 3) homelessness;
- 4) unemployment;
- 5) disability;
- 6) long-term serious illness;
- 7) domestic violence
- 7a) the need to protect the victims of human trafficking;
- 8) the need to protect mothers and large families;
- 9) helplessness in the matters of education and care or running a household, especially in single-parent families or families with many children;
- 10) (repealed)
- 11) difficulties in integrating, as experienced by foreigners who have acquired refugee status in the Republic of Poland, subsidiary protection or a temporary residence permit granted in connection with the situation referred to in Article 159 which specifies conditions for obtaining a mandatory temporary residence permit in order to connect with the family – Act 1 point 1 c or d of the Law on Aliens of 12 December 2013;
- 12) the difficulty in adapting to life after release from prison;
- 13) alcoholism or drug addiction;
- 14) an accident and crisis situation;
- 15) natural or ecological disaster.

WHO CAN BE A BENEFICIARY OF THE FAOP 2014 – 2020

A disadvantaged person, entitled to social assistance for the reasons specified in Article 7 of the Social Assistance Act, whose income does not exceed 150% of the respective income criteria specified in the Act.

	100%	150%
	from 1 October 2015	from 1 October 2015
single persons	643 PLN	951 PLN
persons in the family	514 PLN	771 PLN

THE AMOUNT OF FOOD RECEIVED BY THE LUBLIN FOOD BANK IN TOTAL AND THE FINAL NUMBER OF BENEFICIARIES

The FAOP – Sub-programme 2015

- 4 091 tons - 71 thousand beneficiaries

The FAOP – Sub-programme 2014

- 411 tons - 33 thousand beneficiaries





HOW WE DO IT HERE, IN GARBÓW

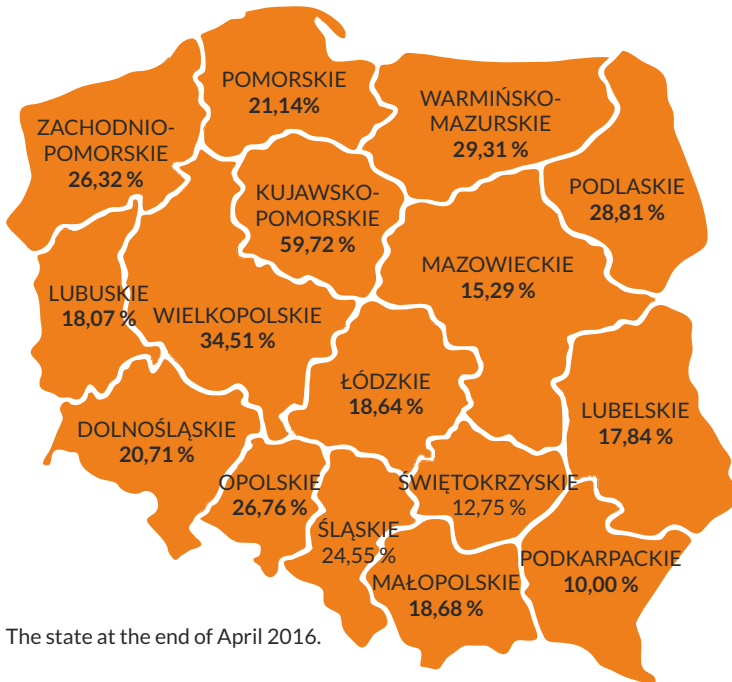
In small towns it is local organizations that play a crucial role in implementing the FAOP. Without the involvement of benefactors and volunteers in food distribution, the aid would not get to many people in need. For example, last year in Garbów, a municipality situated very close to Lublin and populated by about nine thousand residents, such assistance was provided for 600 people by five local associations (in cooperation with the Food Bank in Lublin). Four of them – The Association for the Development of the Village Leśce, The Association "My Bogucin", the Association for the Development of the Village Borków and Janów and the Association "Our Gutanów" – joined in food distribution for the first time. The Association "The Community Garbowska" organized it again after a five years' break. These associations undertook free food distribution, the task which sometimes seemed too difficult for state organizations, whose responsibility is to organize social assistance, as they handle the public finances. The associations combined forces with social workers, volunteers

and people of good will to carry out the programme. A lot of needy people, who had previously not been aware of the possibility to receive this forms of assistance, turned to their local Social Welfare Centers because they had learned about this aid thanks to the associations which dealt with food distribution in their localities. The involvement of these small local organization, thanks to which the food goes to the residents of rural areas, helps to fight poverty and social exclusion and develops the activeness of associations and volunteers. Effective help for needy people brings great satisfaction to the members of the associations.

An additional benefit of the aid is the fact that the Municipal Social Welfare Center joined in the implementation of the FAOP.

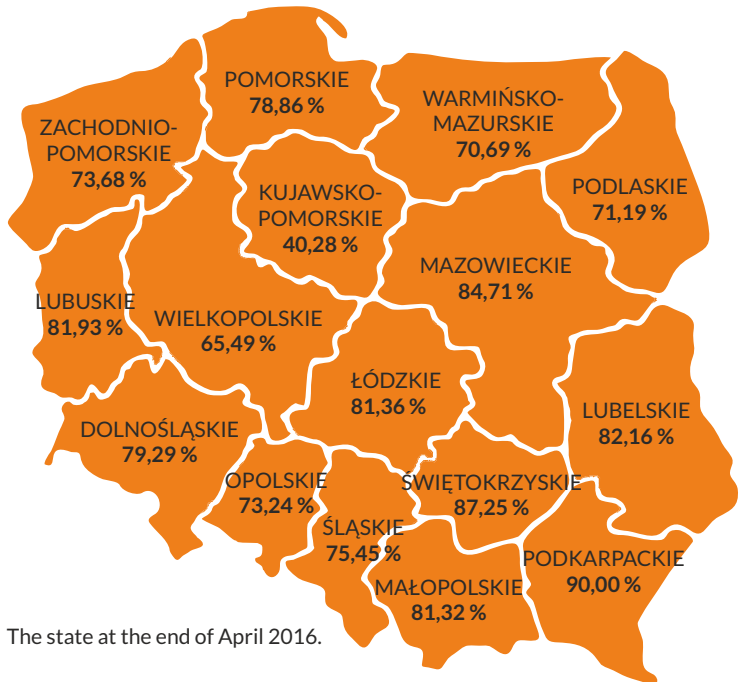
PhD Agnieszka Nalewajek
a historian, a university lecturer and an assistant professor in the Department of the History and Culture of Jagiellonian Europe in the Institute of History at the John Paul II Catholic University of Lublin,
The vice President of the Association "The Community Garbowska"

Municipalities not participating in the FAOP - Sub-programme 2015



The state at the end of April 2016.

Municipalities participating in the FAOP - Sub-programme 2015



The state at the end of April 2016.

Based on the data from the Ministry of Family, Labour and Social Policy, provided by the Social Welfare Centers.



Receiving delivery to the Food Bank in Lublin

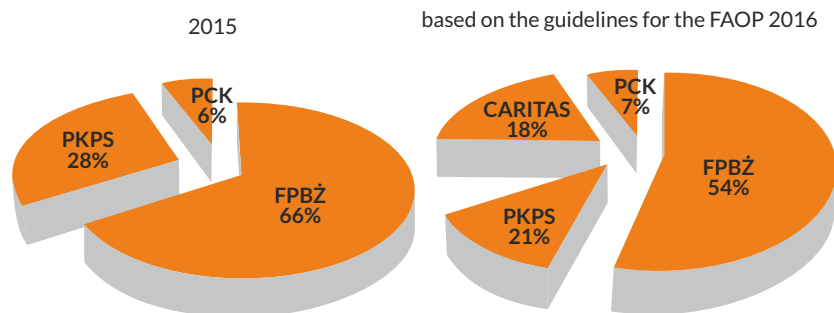


Distribution organized by the City Social Welfare Center in Chełm



Distribution organized by the Social Welfare Center in Zakrzew

PERCENTAGE SHARE OF THE FINANCIAL MEANS FOR THE IMPLEMENTATION OF THE FAOP FOR NATIONWIDE NGOs



Source: Final report on the implementation of the FAOP- Subprogramme 2015

BENEFICIARIES WHO RECEIVED AID BY AGE

Organisations	15 years and younger	65 years and older	Others	Together
FPBŻ	255 254	36 617	487 230	779 101
PCK	31 276	4 693	56 924	92 893
PKPS	104 573	22 347	200 510	327 430
Razem :	363 103	63 657	744 664	1 171 424



The participants in the European Funds Open Days – the FAOP culinary inspiration in Lublin



Culinary workshops in Międzyrzec Podlaski in the cinema SŁAWA

THE CONFERENCE "A SLICE OF BREAD FROM THE HEART" - a summary of the Food Aid Operational Programme - The Sub-programme 2015

STRENGTHS (achievements)

- support for a large group of needy people with food and associated activities, relief for their household budgets,
- increasing the sense of security of families,
- integration of the local community,
- good contact, flow of information and cooperation with the Food Bank,
- lack of problems with receiving products,
- help in keeping records (tips)
- a wide assortment of goods, most of which are semi-finished products which can be processed by beneficiaries,
- organizing culinary workshops

WHAT TO IMPROVE (weaknesses)

- the need to distribute food many times, giving out food in kilograms instead of items.**
- too much bureaucracy - too high expectations on the part of the City Social Welfare Center
- transporting products to food dispensing points and unloading the food.
- referrals issued by the City Social Welfare Center, which are necessary to get food assistance, are difficult to obtain,
- the need for additional staff from the Food Bank for the programme to be more effective,

What should a model cooperation between NGOs and the Social Welfare Center be like:

the Social Welfare Center: qualifying people for the FAOP and verifying them, issuing referrals for beneficiaries, cooperating with the Food Bank and an NGO organizing food distribution and transport

NGO: providing warehouses for storing food, attending to people referred to by the Social Welfare Center, giving out food, **referrals should be issued for the total duration of the programme**, keeping records of the products which are given out and the dates when they are issued to individual families, making reports for the Food Bank about the distributed food, continuous and systematic flow of information, helping to promote food distribution programmes

Obstacles in building partnerships between NGOs and Social Welfare Centers for a smooth implementation of the Programme

- lack of organization in the municipality,
- enforced rules for food storage
- lack of cooperation,
- notifying of one's needs in advance, then the Social Welfare Center staff will prepare all the information,
- poor communication with the SWC,
- lack of assistance in making reports,
- lack of guidelines how to develop cooperation

How can the local government support an NGO involved in the implementation of the FAOP?

- help with food unloading (providing forklifts and people)
- help in organizing and financing transportation,
- providing storage facilities which are the property of the city,
- help in organizing food collections in stores,
- involving District Councils in informing residents,
- organizing competitions, which will finance social activities

- the local government should inform village mayors about the programme and the criteria for taking part in it

- organizing transport to deliver food to people who cannot collect this food themselves.

Should fresh vegetables and fruit be included in the FAOP, and why?

Yes - they play an important role in good nutrition, they are an essential component of a healthy and balanced diet - real promotion of healthy food, beneficiaries do not have dietary habits of using fresh fruit and vegetables, they cannot afford to buy fruit and vegetables systematically.

No - with the required documentation and perishable products it is not possible, the problems of storing food, beneficiaries do not collect food on a specified date

According to the respondents, the activities promoting the FAOP and the newspaper "A Slice of Bread", published by the Food Bank, should be continued; they spoke highly of this newspaper, the promotional activities and about the programme itself.

The information the respondents found important was the total number of beneficiaries living in a given municipality, who meet the income criteria to qualify for the FAOP.

In accordance with the recommendations arising from the survey, the Food Bank in Lublin organizes the transport of food to all the OPL's, i.e. the partner organizations active in the FAOP- The Sub-programme 2016 in the Lublin province.



A FEW WORDS ABOUT THE REGIONAL OPERATIONAL PROGRAMME OF THE LUBLIN PROVINCE IN 2014 -2020

● Much more is possible - thanks to the ESF

The conference "A Slice of Bread from the Heart" – The Summary of the Food Aid Operational Programme - the Sub-programme 2015, held in June 2016., was an opportunity to present the complementarity of the Food Aid Operational Programme (the FAOP) with the other programs and funds. This special complementarity of the FAOP with the activities co-financed by the European Social Fund (ESF) under the Regional Operational Programme of the Lublin Region in 2014-2020 (RPO LR) is really remarkable. The ESF stimulates the development of human capital, and within the ROP this support is tailored to the needs in the region.

● What is the aim of the ROP?

The aim of the program is to "increase the competitiveness of the region based on internal potentials, conducive to increasing social and territorial cohesion," in other words, a widely understood development of the region of Lublin. This should be achieved, among others, by the activities undertaken under the four priority axes, co-financed by the ESF: The labor market (Axis 9), Companies' and workers' adaptability to change (Axis 10), Social inclusion (Axis 11) and Education, qualifications and competences (Axis 12).

● Where to find the complementarity of the ROP LR with the FAOP?

Projects complementary with the FOAP are feasible and desirable under Axis 11 – Social Inclusion. Complementarity manifests itself here in two ways: in preferences for the beneficiaries of the FAOP during the recruitment phase, or through additional point bonuses for projects involving people in the target group. It depends on a specific competition, and the requirements concerning complementarity are defined each time in the

regulations. Activities implemented by Regional Labour Office in Lublin (11.1 - Active inclusion) include programmes for the integration of excluded persons and families, or those at risk of poverty or social exclusion, aimed at their activation as well as social and professional reintegration, and comprehensive programmes for social and professional reintegration and rehabilitation, carried out mainly by reintegration services. Also, the ROP offers the possibility of projects in the field of social services and health care (in Action 11.2 and 11.5) and support for the social economy sector (in Action 11.3). Competitions for these projects are organized by the Department for the ESF Implementation at the Marshal Office of the Lublin Region (DI ESF). For example, in the competition announced in July this year, the recruitment criteria for the project must give preference to persons or families benefiting from the FAOP. The scope of support for these people within the project should be complementary and complement the FAOP in terms of accompanying measures.

● What can secure funds from the ESF?

The ROP LR gives great opportunities to raise funds from the ESF for projects complementary with the FOAP under Action 11.2 and 11.5 - in the field of social and health services (Action 11.5) will be implemented exclusively in the Lublin Functional Area as part of the Integrated Territorial Investments). The types of projects which can be implemented cover a few areas of support for excluded persons, or those at risk of poverty or social exclusion in the region. First, these are projects in the field of integrated social services (welfare) of a preventative, activating and intervention nature, services in the area of assisted housing, including protected, training and supported housing, as well as providing integrated care and health services (in particular for the elderly, people with disabilities and dependent persons). Another type of this activity are projects aimed at developing different forms of assistance and self-help in a community as well as offering assistance in creating and functioning support centers (for the elderly or people with disabilities).

Moreover, responding to the needs in the region, the organizers have opened up opportunities to raise funds from the ESF to create conditions for home care, including the rental of care, rehabilitation and supportive equipment. Another important area are projects dealing with services which complement and support the role of the family and the process of foster care deinstitutionalization. The last group of projects which can be implemented are those relating to health. These are programmes aimed at the early diagnosis of malformations as well as thereha-

bilitation of disabled children and those at risk of disability. There are also projects for children affected with overweight, obesity, posture problems and the development of musculoskeletal disorders, as well as projects which support mental health protection services. As we can see, the choice of activities is wide and varied, ranging from integrated social services to mental health protection.

● Who should be given support in the projects?

The target group of the projects implemented under Action 11.2 of the ROPLR - depending on the type of a project - are excluded people or those at risk of poverty and social exclusion and their environment, families (including dysfunctional families), children and young people at risk of social exclusion and children considered in relation to health protection activities, as well as entities or persons providing services of general interest. In accordance with the regional character of the support, the target group is comprised exclusively of persons or entities from the region of Lublin.

● Who can apply for grant projects, and when?

The list of entities that can apply for funding and implement projects in the field of social and health services under Action 11.2 and 11.5, is long. It includes local governments, non-governmental organizations and social economy entities. Projects are submitted in response to the competition, announced by the ESF. The detailed application rules and the project selection criteria are each time contained in the rules of a specific competition. In 2016 two competitions have been scheduled within Actions 11.2. The first one has already been announced, and admission will last until September 28. It concerns projects in the area of family support services and foster care deinstitutionalization. The second competition has been planned for the fourth quarter of 2016. The organisers have allocated 20 million PLN to finance these competitions. The schedule of admissions for 2017 will be published by the end of November this year. All the programme documents, competition announcements and schedules are available on the website of the Programme: www.rpo.lubelskie.pl.

Detailed information about the ESF support within the ROP LR can be obtained in the ROP Contact Point in the DW ESF, located at Czechowska Str.19 (Room 1) tel. 81 441 68 43, e-mail: efs@lubelskie.pl.

Ewa Pachowska-Kurzępa, chief Programming and Coordination Officer
Department for ESF Implementation, the Marshal's Office of the Lublin Region

WORD OF A BENEFICIARY

My name is Hanna Woźniak. I have been invited to participate in a panel discussion as a beneficiary of the Food Bank in Lublin. It is the first time in my public life I have spoken about my life and it is not easy. I am a former long-time social worker. I started work in 1981 (I am a graduate of one of the first Social Work Departments in Lublin). In 1998 I graduated with specialization in social work and was promoted to the position of a social work officer at the Municipal Family Assistance Center in Lublin. It was the only workplace and the only long-term job in my life. I worked for the people, with the people and among the people. I considered the job I was doing to be my calling. I gained a lot of job satisfaction. And I do not mean financial satisfaction, but the fact that I could simply help people in need and see a smile on their faces. I never thought that one day I would find myself in the

situation when I would need help and that my state of health would not allow me to work. However, everybody may get confronted with serious health or financial problems virtually overnight. I couldn't come to terms with the fact that I - having helped people for so many years - couldn't help myself. I brought up my daughters on my own, I got divorced, I went through two Coronary angioplasty surgeries, I had stents implanted - in a word, I was given a second life. And perhaps it is this good I have always tried to give people in my professional work that came back to me so that I can live and still be needed. I have always had respect for people. I have equally treated both homeless or disabled people, and those in managerial positions. Due to numerous diseases, I receive a disability pension. The drugs that I have to buy are expensive - I cannot afford them. I went into debt to support and educate my children. I have to pay the rent and the bills. One day I read about the Bank Food in Lublin. I made only one

phone call and it was enough to get help. During the conversation Mrs. President asked if I could volunteer to help in preparations for Christmas Eve, organized by the Bank. I agreed, happy that I was taken seriously. I received support in the form of food, which is a very precious gift for me. In my opinion, the Food Aid Programme is very important. Poverty is cruel...

It is essential to promote cooperation between the authorities, institutions and associations for the benefit of people in need. In my humble opinion, what also matters is the quality of this cooperation. It will bear fruit and gratitude of those who receive help.



Hanna Maria Woźniak
a social work officer

UNION SUPPORT FOR THE POOREST

We know who is going to help the residents of the Lublin Region who are out of work, suffer from social exclusion or are at risk of poverty. The institutions that have signed an agreement with the Municipal Labour Office in Lublin on financing the projects have already started providing real support to the needy. The funds come from the Regional Operational Programme of the Lublin Region 2014-2020 (Action 11.1 "active inclusion"). It never rains but it pours - people who benefit from the Food Aid Programme also very often experience huge problems with finding and keeping their jobs.. If a sequence of adverse events is not broken, lack of a source of income, an accident or a disability can deprive a person of their dreams and the desire to find a job. And this is how they get trapped in a

vicious circle. The solution may be the EU funds. May the sky clear up, or a new positive balance. The projects implemented under Action 11.1 "Active inclusion" under the Regional Operational Programme are varied, depending on the nature of support and its potential participants. To benefit from it, a person has to be at risk of poverty for different reasons- these can include low qualifications, a disability or homelessness. Support can also be provided to young people who are becoming independent e.g. those who leave children's or young offenders' homes. In each of these cases, the necessary condition which must be satisfied is that a potential beneficiary has to be unemployed. The projects are implemented by the entities who know the Lublin job market and the needs of the people who are to be given support.

The approach is a personalized form of support adapted to the participants' specific needs. The assessment of an individual's needs indicates which course or training might be useful for this particular person. The participants sometimes lack work experience, so they are directed to paid internships. Often the starting point is the support of a psychologist or a counselor. Help is provided in parallel on many levels. Anyone who is out of work and would like to stand for themselves can participate in the recruitment to the project. Below, there is a list of institutions that have received funding and are implementing their projects under Action 11.1 "active inclusion".

More detailed information is provided in the Regional Labour Office in Lublin tel. 81 46-35-363. Questions may also be sent by e-mail: punkt.konsultacyjny@wup.lublin.pl

What can be obtained from the project?

Activities carried out by the Regional Labour Office in 2007-2013
- The effects of the Human Capital Programme

The number of beneficiaries of social welfare institutions who completed courses or training within the projects on active inclusion (7.1) - 31167

The number of people at risk of social exclusion who completed courses or training in Action (7.2) - 13538

The number of people at risk of social exclusion who completed courses or training within the projects (7.3) - 6218

Institutions wishing to implement projects are invited to familiarize themselves with the terms of the current admissions on the page: www.rpo.lubelskie.pl
 In particular we welcome Social Welfare Centers from the Lublin Region!

Olga Zalewska
 Katarzyna Szymańska-Dawidek
 Regional Labour Office in Lublin
 Division for Implementation of the PO WER

	Implementer	Project title
1 2 3	Training and Innovation Center Grzegorz Miszczak	- New qualifications - greater opportunities - Key to the success - We are involving the Lublin Region
4	Consultor Ltd.	- Being competent on the job market
5	The European Educational Platform Ltd.	- Phoenix 2 - a comprehensive activation programme
6	European Meeting House - Nowy Staw Fund.	- The active able-bodied
7	Leaders of Success " Foundation	- Activation now
8 9	Managerial Initiatives Foundation	- A start to adulthood it is not that difficult
10	Sempre a Frente Foundation	- Self-assuredly into adulthood
11	The municipality Grabowiec / GOPS (the Municipal Social Welfare Center) in Grabowiec	- Anything is possible
12	Joanna Wieczorek-Mirowska NZOZ Psychosomatic Health Clinic. VIAMED	- Time for action!
13	The Lublin Business School Ltd.	- Take your chance
14	The Lublin Self-Help Centre	- Chance for tomorrow
15	The city of Chełm / Integration Centre	- New chance - new opportunities
16	The association POWRÓT (RETURN) - Volunteer Center	-Support for homeless people in social rehabilitation and entering the job market



Participants in culinary workshops organized by the Food Bank in Lublin



Delivery to the partner organization (the Social Welfare Center)

LOCAL ACTION GROUP

The scope of support for NGOs under the sub-action "Support for the implementation of operations under the local community-led development strategy" within the RDP 2014-2020:

- Strengthening social capital, raising the awareness of the local community about environmental protection and climate change, as well as about using innovative solutions.

- Developing markets for local products and services, with the exception of operations involving the construction or modernization of markets which have already received support under the action: Basic services and village renewal in rural areas.

- Preserving local heritage.

- Constructing or reconstructing public non-profit tourist infrastructure as well as recreational and cultural facilities, including supplying necessary equipment to entities which operate within the sphere of culture if a specific operation satisfies the needs of the local community.

- The promotion of the area covered by the LDS, including local products or services, is granted, among other things, if an operation:

- 1) is a joint promotion of local products or services;

- 2) does not apply to the organization of recurring events, with the exception of an event initiating a series of events or an event specific to a given LDS, identified and justified in the LDS. A recurring event is understood as an event organized more than once and at least in part devoted to the same theme.

- Specific ranges (type of operation - operation indicators) have been defined in individual LDSs (Local Development Strategy) developed by LAG (Local Action Group) with the participation of the local community. Information on the range of support, the limits of budget appropriations and documentation can be obtained from the following organizations:

Opole Lubelskie, (81) 8277231, 697915005,

www.lgdowocowyszlak.pl

Lubartów, (81) 8510222, 533 363 332,

www.lgr-lubelskie.pl

Kraśnik, (81) 8252727, www.lgdkrasnik.pl

Krasnystaw, (82) 5767049, 506 371 309,

www.lgdkrasnystaw.pl

Biłgoraj, (84) 5302626,

www.ziemiabilgorajska.pl

Żyrzyn, (81) 5016140, www.zielonypierscien.eu

Chełm, (82) 5627571, www.ziemiachelmska.pl

Lublin, (81) 5344528, (81) 5323065,

www.krainawokollublina.pl

Radzyń Podlaski, (83) 3521600, lgdzapiecek.pl

Hrubieszów, (84) 6962077, lgdhrubieszow.pl

Tomaszów Lubelski, (84) 6646386,

www.roztoczetomaszowskie.pl

Włodawa, (82) 5717090, 732 821 113,

www.dolina-bugu.pl

Zamość, (84) 6392966, 510 203 858,

www.lgdnaszeroztocze.pl

Piaski, (81) 5253012, www.dolinagielczwi.org

Sitno, (84) 3072207, www.lgdziemiazamojska.pl

Rejowiec Fabryczny, (82) 5663474,

www.promenadas12.pl

Parczew, (83) 3543734 512 030 862

www.lgdparczew.pl

Lubartów, (81) 8545853,

www.lgdlubartow.org.pl

Łuków, (25) 7982439, www.lgdrazem.pl

Ryki, (81) 8652095,

www.lokalnagrupadziania.pl

Leśna Podlaska, (83) 3433997 www.blgd.eu

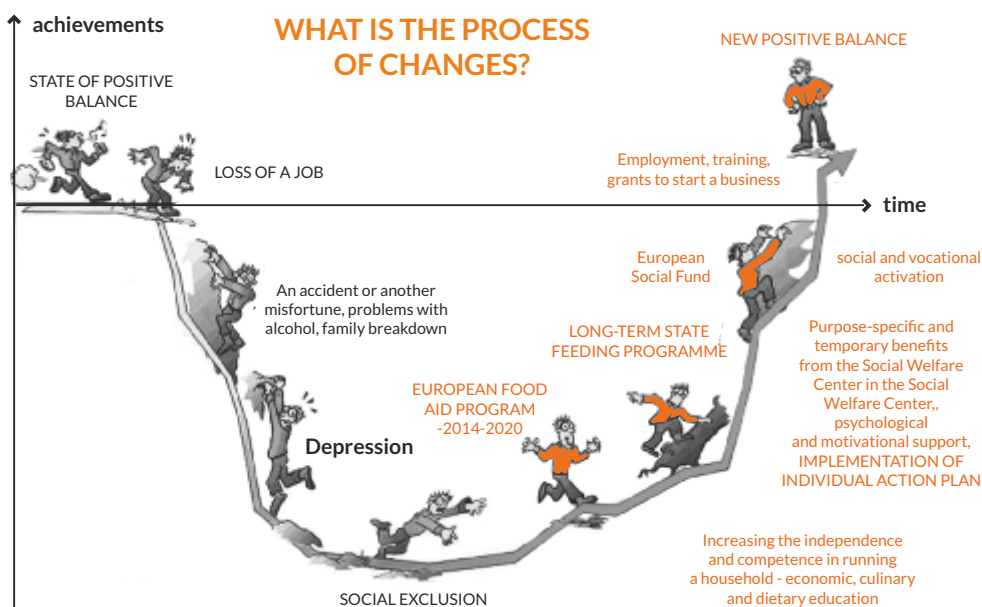
Janów Lubelski, (15) 8722652,

www.lesnykrag.pl

Cyców, (82) 5677675, www.lgdpolesie.pl



Discussion panel involving the representatives of the Ministry of Family Labour and Social Policy, non-governmental organizations, the Social Welfare Center, local governments and beneficiaries



Distribution organized by the Social Welfare Center in Izbica



Mateusz Winiarski
Deputy Director
of the Department of the Rural
Development Programme

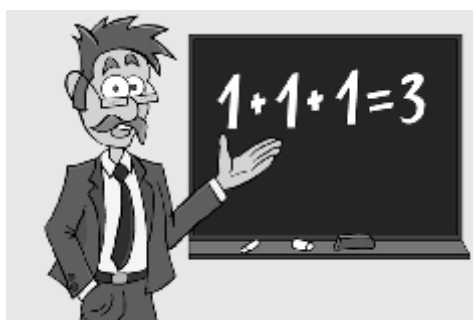
ACCOMPANYING MEASURES - IMPROVING THE PARTICIPANTS' SKILLS OF MANAGING A HOUSEHOLD



Culinary workshops



Dietary workshops



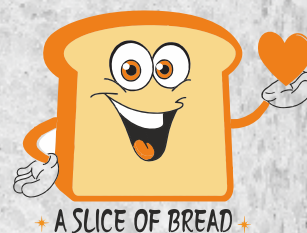
Economic workshops



saving food

www.pomoc2020.org

Bank Żywności w Lublinie



THANKS

for Mrs. Edyta Zalewska

the coordinator of the Food Aid Operational Programme
The Department of Social Assistance and Integration
Ministry of Family, Labour and Social Policy

For your effort, commitment and heart, due to which the Food Aid Operational Programme 2015 is real support and a glimmer of hope. Under the Sub-programme 2015 we provided more than 4,100 tons of food for 71,000 of the poorest residents of the Lublin region.

Yours sincerely
Marzena Pieńkosz-Sapieha
President of the Food Bank Foundation in Lublin

Projekt współfinansowany ze środków
Programu Operacyjnego Pomoc Żywnościowa 2014-2020
w ramach Europejskiego Funduszu Pomocy
Najbardziej Potrzebującym



Minister Rodziny,
Pracy i Polityki Społecznej

UNIA EUROPEJSKA
EUROPEJSKI FUNDUSZ POMOCY
NAJBARDEJ POTRZEBUJĄCYM



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A SLICE OF BREAD^o

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THANKS

This conference – summarising the first year's activities of the Food Aid Operational Programme – the Sub-programme 2015 - is the first event of this kind in Poland. Your large attendance proves that the FAOP is a tool of an important process aimed at improving the situation of the poorest residents in the Lublin region. I would like to thank the representatives of the Ministry of Family, Labour and Social Policy, the Governor of Lublin as well as the representatives of the local governments, Social Welfare Centers, NGOs, volunteers, the media and all the people of good will who contributed to organizing this conference – that we could meet and talk about our experiences, share our ideas and summarize our joint efforts. I admire and appreciate your commitment, referring to such a good result of our cooperation, which is to provide food aid for 71,000 people. Once again, thank you very much for your participation.