

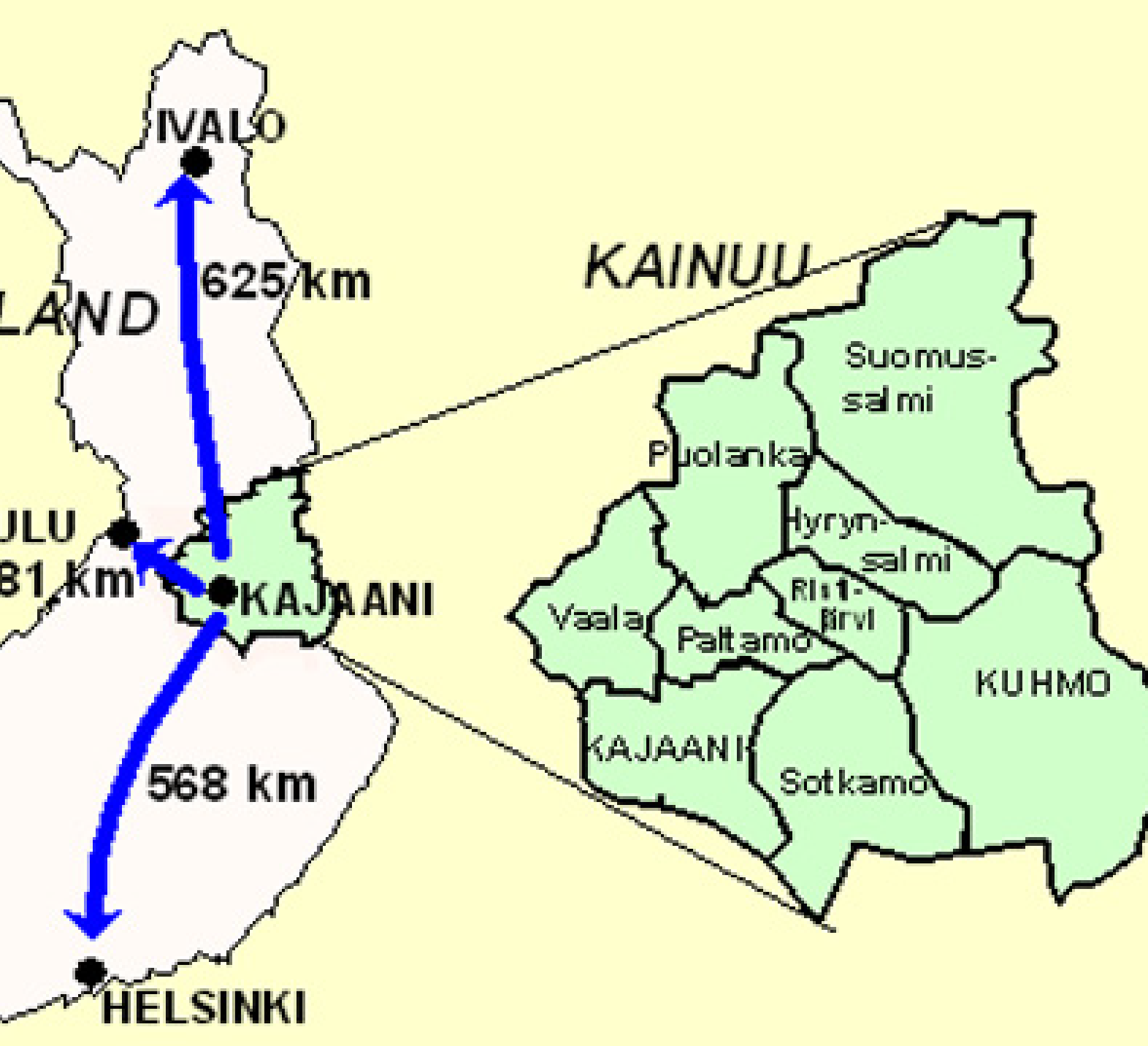
The image shows the interior of a large warehouse where several people are working with stacks of food boxes. The boxes are mostly blue and white, with some labeled 'TORINO'. The scene is overlaid with a semi-transparent blue and purple filter. Technical graphics, including concentric circles, dashed lines, and numerical scales (e.g., 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260), are visible on the left side, suggesting a focus on logistics or data. The text 'FOOD AID IN KAINUU FINLAND' is prominently displayed in white, bold, sans-serif font on the right side.

FOOD AID IN KAINUU FINLAND



Finland in Europe





Kainuu in Finland

Kainuu is a large area (22 687 km²) and there are 75 000 inhabitants. Of all the people in Kainuu, 33 000 are pensioners.

KAINUUN
KANSALAISKESKUS
RY /NGO
(CIVIC CENTER FOR
THE KAINUU
REGION)

MOTTO “NO ONE IS STRONG ALONE.”

The association offers a support network and social contacts for anyone struggling to manage in a society built for only the strong and healthy.

Kainuun Kansalaiskeskus ry's Chairman Ms Kirsi Virtanen organizes the food aid delivery in Kuhmo (in Kainuu Region) twice a year.

KAINUUN KANSALAISKESKUS RY IS AN UMBRELLA ORGANIZATION



WITH FOLLOWING MEMBERS AT THE MOMENT:

- Kuhmon Selkäyhdistys
- Kuhmon Reumayhdistys
- Kuhmon Invalidit
- Kuhmon 4H-yhdistys
- Seilosen kyläyhdistys

Kuhmon Hanka-Martat (organizes e.g. food preparation courses for all ages)

“Hanka-Martat have been volunteering and helping with the food aid delivery and making the food bags for couple years now. It’s great to have them!”



WHY DO WE NEED FOOD AID IN KAINUU?

The employment rate, the unemployment rate and the economic dependency ratio

From the perspective of regional prosperity, the biggest problem is the weak socio-economically state compared to other regions in Finland

The problems of the weaker part of the population

Long-term unemployment, Youth unemployment, Mental illnesses, Substance abuse, Family problems, Loneliness ect.



There are 75 000 inhabitants in Kainuu. Of all the people in Kainuu, 33 000 are pensioners.

In Finland, the average salary is **3 247 € per month**.

A pensioner in Kainuu receives an average of **1 430 € per month**.

However, half of them receive less than 1 400 € per month and more than 3 000 pensioners get less than 800 €, which is a guarantee pension.

The number of beneficiaries of guarantee pension will rise in the future due to long-term unemployment in Kainuu area.

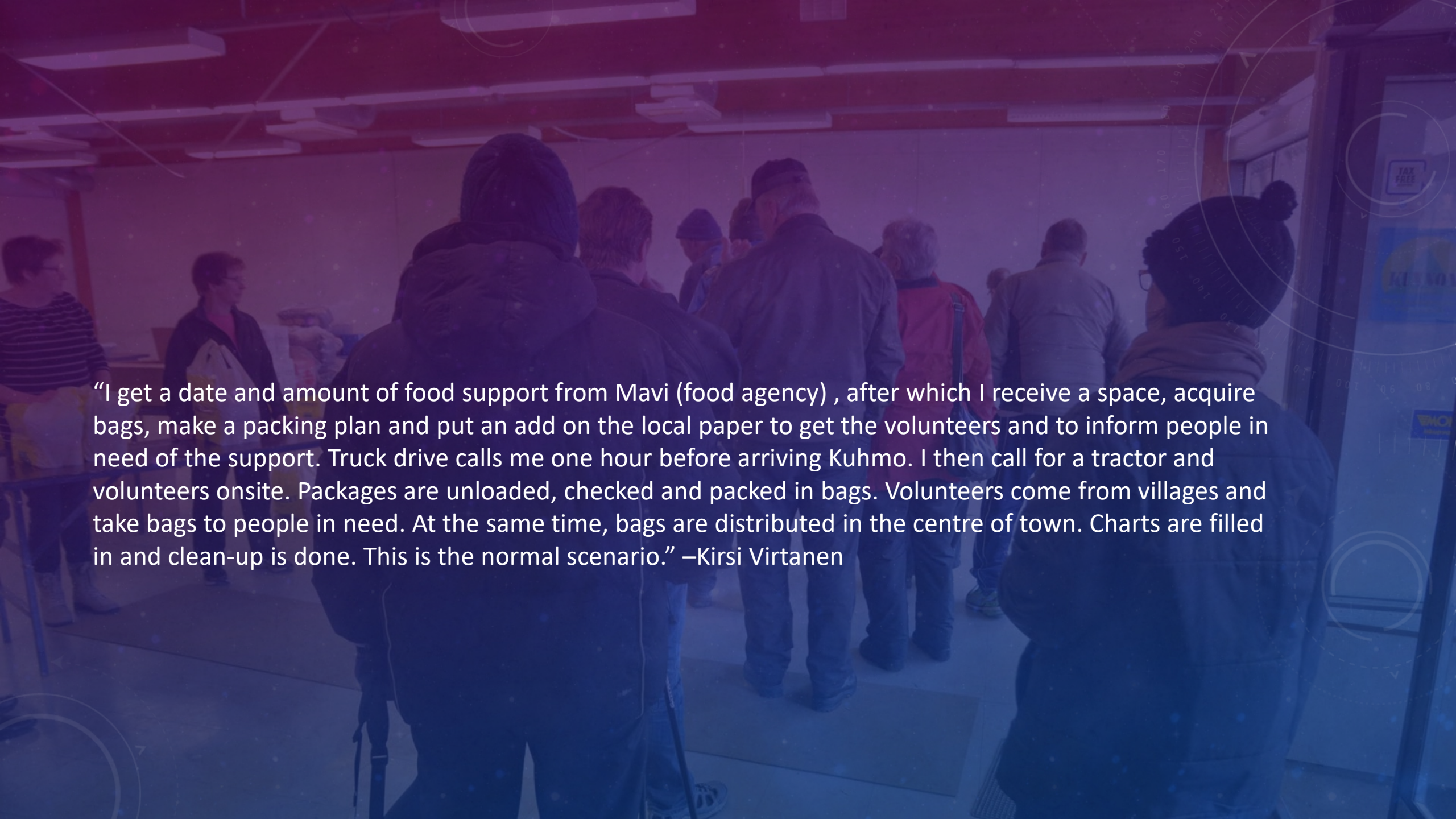


FOOD AID IN KAINUU

- 2 times in one year
- About 6000kg per time
- Food Aid bag contains basic food supplies such as flour, muesli, oat flakes, pea soup and bread.
- In one bag, there is about 7kg of food
- Food distribution is done with the help of volunteers



HOW WE DO FOOD AID IN KAINUU



“I get a date and amount of food support from Mavi (food agency) , after which I receive a space, acquire bags, make a packing plan and put an add on the local paper to get the volunteers and to inform people in need of the support. Truck drive calls me one hour before arriving Kuhmo. I then call for a tractor and volunteers onsite. Packages are unloaded, checked and packed in bags. Volunteers come from villages and take bags to people in need. At the same time, bags are distributed in the centre of town. Charts are filled in and clean-up is done. This is the normal scenario.” –Kirsi Virtanen



PERUSPUSSI 2 (paino 5.210 kg) (300 kpl)

- 2 Mysli 1 kg
- 2 Lihasäilyke 2 x 400 g = 800 g
- 2 Hapankorppu 2 x 370 g = 740 g
- 2 Hernekeitto 2 x 435 g = 870 g
- 3 Perunasejauhe 3 x 200 g = 600 g
- 3 Makaroni 3 x 400 g = 1.2 kg

Paino yht. 300 kpl x 5.210 kg = 1563.00 kg

PERUSPUSSI 1 (paino 7.005 kg) (450 pussia)

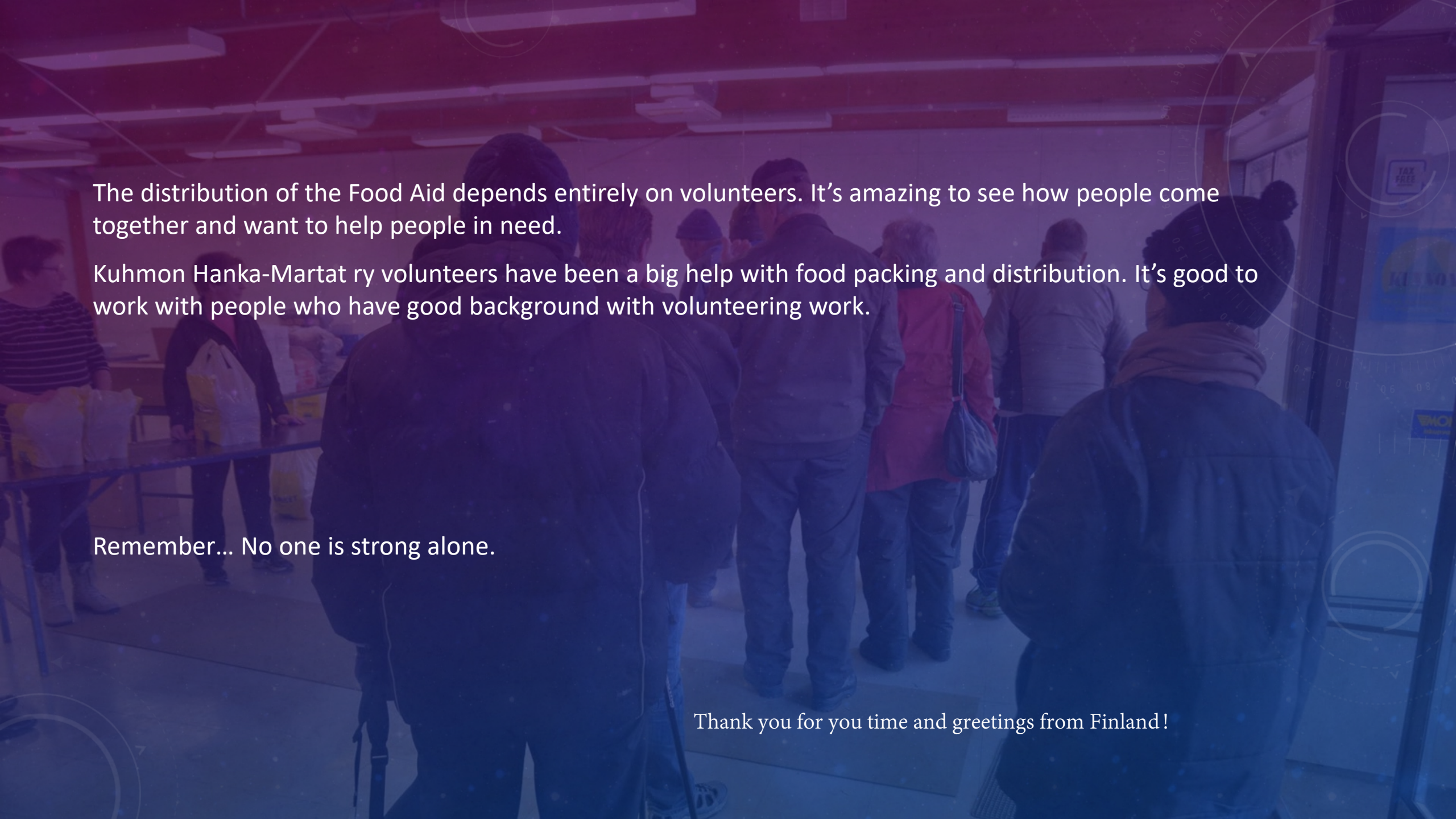
- 1 Vehnäjauho 2 kg
- 1 Sämpyläjauho 2 kg
- 1 Puurohiutale 1 kg
- 1 Maitojauhe 400 g / laksoositon
- 1 Makaroni 400 g
- 1 Lihasäilyke 400 g
- 1 Hapankorppu 370 g
- 1 Hernekeitto 435 g

Paino yht. 450 x 7.005 kg = 3152.25 kg



CHALLENGES IN FOOD AID?

- Living in rural areas with long distances.
- No public transportation system
- Food delivery is done by volunteers and they drive with their own cars and gas money
- The volunteers
- Paperwork, paperwork... and paperwork!



The distribution of the Food Aid depends entirely on volunteers. It's amazing to see how people come together and want to help people in need.

Kuhmon Hanka-Martat ry volunteers have been a big help with food packing and distribution. It's good to work with people who have good background with volunteering work.

Remember... No one is strong alone.

Thank you for you time and greetings from Finland!