



End of Year Report 2021-22

Dear friends, partners, and donors,

The 2021-22 school year has recently ended, and this is the first year since the start of the Covid-19 period that featured in-person schooling.

Before I update you about our many activities this year, I want to share some of the new challenges that the school staff faced as a result of Covid.

During the past year, the education system faced many challenges, ranging from the return to in-person schooling to behavioral problems, absences, and even distress - each with its own set of complications. In our last survey of principals one quote stands out: “When a child asks if there are any more sandwiches left, I understand that it’s probably the only meal he’ll eat that day.” It’s no secret that many families became poorer, and that many children joined the circle of neglect and found it difficult to function. Here, dear partners, is our chance to help them.

During the last year we have increased our sandwich-distribution activities by around 30%. Among other places, four schools in Beersheba joined the program, with hopes of more joining in the coming years.

In addition, over the past year we completed a joint initiative with the Ministry of Education, during which we supplied sandwiches to 1,700 at-risk youth in 75 units throughout the country. The initiative was warmly welcomed among the teachers and the pupils, for whom the food plays a special role in bringing everyone together.

We are continuing to advance a national project to provide breakfast to every student, and we are working intensively with Parliament members and ministers. We have received approval in principle to start two pilots for providing sandwiches - one with the Ministry of Economy and Industry (to feed 5,000 pupils at technology-oriented schools) and the second, with the Ministry of Education to extend the existing initiative to another 5,000 pupils around the country.

We are publicizing the program with interested parties and influential figures, and at the end of the month we will host representatives from the Ministry of Welfare. The Ministry of Welfare has allocated NIS100 million to dealing with food security, and some of the additional budget is to support the distribution of sandwiches to needy children at breakfast.

The road before us is long, and it comes with many challenges.

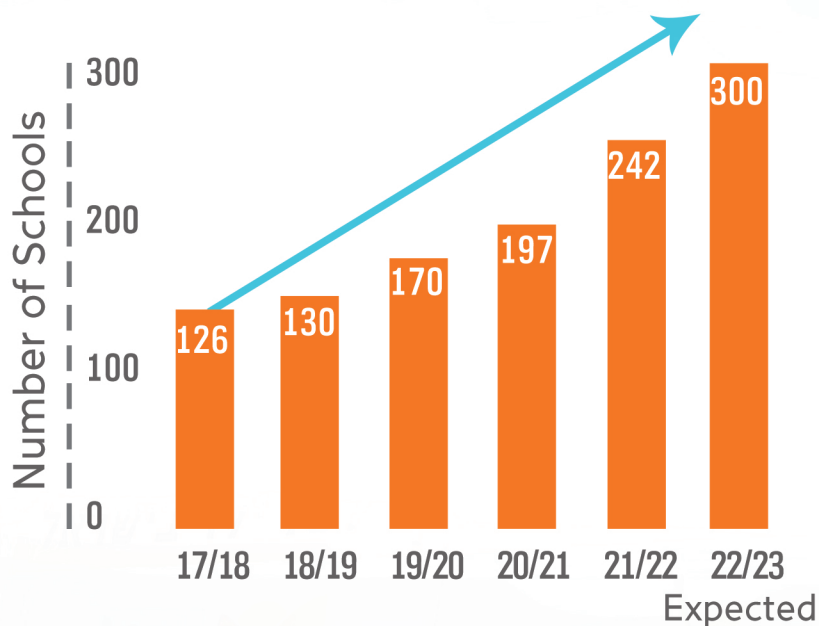
This is the time to say thank you. without you, we wouldn't have been able to make this change for so many Israeli children.

You are the wind in our sails, and I am saying this in my name and in the name of the teams at the schools, the educators, the principals and of course the children - we are grateful to you.

Yours sincerely,
Rotem Yosef-Giladi
Nevet CEO

*רועם יוסף-גילדי
2011*

Nevet in Numbers



A non-hungry child



success at school

Meet the Volunteer

► Here, we'll introduce you briefly to people who contribute their time and abilities to Nevet.



Yifat

Tell us a bit about yourself.

I have an undergraduate degree in psychology and education. In the past, I studied and worked in the field of graphic design and administrative management.

When did you start volunteering at Nevet? And why?

I started volunteering at Nevet in September 2019. I saw an interview with one of the organization's staff members and I was very moved. I liked the idea behind the organization, and I decided to contact them. At the start I volunteered as a food inspector. The project participants visited the schools and checked that they were acting according to the regulations. Following the outbreak of Covid-19 in March 2020, the school closures began, and the activities came to an end. I returned to regular activities nine months ago and since then I've been visiting the Nevet offices in Ra'anana once a week.

What do you do as a volunteer?

Volunteering gives me a lot of satisfaction. The knowledge that there are so many needy pupils, who need food security, and that I can help, is very important to me.

Do you have a message for all the partners in Nevet?

You are doing holy work - continue with the mission. Well done.

Do you have a message for all of the partners in Nevet?

You are doing holy work, continue with the mission. Well done.

Where do you see yourself in another 10 years?

I hope that I will still be healthy and energetic and that I will be able to continue contributing to society.

Meet the Volunteer

Tell us about yourself

We are four friends who have come together to volunteer - we are tech people, in different roles in the Israeli high-tech industry.

Itai Gerstein, 23, Tel Aviv. Aviv Almeshno, 26, Tel Aviv.

Eran Pinchas, 27, today lives in the UK. Noam Segel, 26, Tzfira.

When did you learn about Nevet's activities? And how did your relationship with it develop over the years?

Noam: I found out about Nevet around four years ago from an advertisement and I fell in love with the organization's activities. Ever since, I have been a big fan of the organization.

When did you start volunteering at Nevet? And why?

Just a few months ago we had the idea of providing technological support to charities, to use the knowledge we've acquired for social goals. The moment that we started looking for the first organizations to support, Nevet came to mind, and we decided to get in touch to see how we could help. Hopefully our work together will be of value to the organization going forward.

What role do you play? And what is its purpose?

Our general goal is to identify ongoing operational practices that can be easily made more efficient through technology. Specifically, we are working together in order to automate the process of producing the supply certificates, and to reduce the work involved. The process is still ongoing and should be finished in the coming months.

What does the volunteering give you personally?

A wonderful feeling of purpose. To help an organization like this is a great privilege.

Do you have a message for all the partners in Nevet (everyone who is part of the initiative)?

You're incredible - how wonderful it is that there are people who give their time for this amazing project.

Where do you see yourself in another 10 years?

Helping other organizations that are doing such amazing things.



Noam



Aviv



Itai



Eran

Thanks to you Yifat, Noam, Eran, Itai, and Aviv!

Partnership

Last year, a new partnership, the first of its kind in Israel, began with the Ministry of Education. This is a joint initiative between Nevet and the Ministry of Education to feed thousands of young people from the youth-at-risk division at school each morning.

Yifat Kalmaro,

Director of the Youth Advancement Program, Ministry of Education



“The Unit for the Advancement of Youth is a well-known educational framework that provides therapy-education and works to educate young people aged 14-18 who have dropped out of formal educational frameworks or find it difficult to function and to acclimatize to these frameworks and are at risk of dropping out. The unit helps them complete 12 years of studies and to receive a matriculation certificate, and helps young people transition to a mature, active and constructive life.

For many years, we have looked for a comprehensive solution to the food security needs of thousands of young people who are under the auspices of the Units for the Advancement of Youth and the Youth Advancement Program.

It is clear to us that this is a basic need, which needs to be addressed in order to be part of our educational-therapeutic framework.

In the current academic year, our important collaboration with Nevet finally began.

Partnership

In the framework of the partnership between Nevet and the Ministry of Education, this year Nevet supplied 1,700 sandwiches to young people from every sector each morning in 75 youth advancement units across Israel.

The project was greeted with enthusiasm, both from the pupils and the parents, as well as the educational-therapeutic teams.

For them, food is an additional tool in the toolbox for meeting their educational-therapeutic goals.

Distributing the sandwiches in the morning helped the pedagogic team to get the pupils to come to the unit, increase trust between the teams and the pupils, and to transform the unit into a home that is capable of addressing the most basic needs of all its visitors.

We will also continue the project during the next academic year, and we will broaden it in the hope of successfully reaching every needy young person.”

End of Year Survey

This was carried out among around 300 principals, advisors and classroom educators at schools that participate in the program.



Concentration

96% ▲

improved success in studying



Educational Achievements

97% ▲

average grades increased



Behavior

98% ▲

significant improvement
in behavior



Absences

▼ **90%**

fewer absences
from school

Who receives a sandwich?

80%

Problems in family functioning

33%

New immigrants



87%

Economic problems

Proper Nutrition at a Young Age

Nutrition and healthy life habits have a decisive influence over quality of life, even at a young age. Healthy and varied nutrition has been proven to prevent health problems, and has great importance in proper physical, mental and social development among young people. In addition, proper nutrition has a direct and positive influence on learning capabilities, thinking, and concentration.

In the last academic year, because of the corona crisis, there has been an increase of around 50% in reports of young people suffering from different eating disorders - from anorexia and bulimia to excess weight and diabetes. In addition, there is a sharp increase in reports of young people suffering from mental distress, depression, and anxiety.

Therefore, at Nevet, we are working to provide all Israeli children with healthy and varied food at schools. The project is supervised by a clinical dietician, who determines the nutritional content of the sandwiches, to maximize the nutritional value of the sandwich and to educate the children about healthy nutrition. The bread is whole wheat, and the menu only includes healthy fillings, for example cheese, hummus, tahini, tuna, olives, pickles and more, without chocolate, jam, and spreads full of sugar. Nevet devotes great resources to working with educational teams, in order to expose the pupils to as broad a variety of products as possible. Daily exposure to whole wheat rolls and varied sandwiches is a new experience for the children, who aren't used to such a variety of ingredients.

We believe that educating the children about healthy and varied nutrition is no less important than providing them with food. nutrition as no less important than feeding the children.



The importance of healthy and varied food during the school day

- Apart from the clearly negative influence of a lack of food security, many children consume industrially produced food and snacks, which includes large amounts of sodium and sugar, and even leads to addiction.
- Exposure to as wide a variety of food as possible (colors, vegetable, legumes etc.) improves the child's health and increases their awareness of the importance of varied nutrition.
- There is great importance in correct eating habits: slow and regular eating at relatively fixed times, while sitting quietly and calmly.
- Apart from varied and regular eating, it is important to drink plenty of water throughout the day and to sleep regularly and continuously.

Sticking to these principles has great influence on the pupil's studies at school and the general welfare of the child. Today, as opposed to many developing countries that invest in proper nutritional education and healthy life habits at school, Israel has been left behind and still doesn't address this issue among its children. Nevet confronts this structural gap. It works to provide healthy and nutritious sandwiches every day and a feeling of security to thousands of children across Israel who need regular quality food while at school.

Recipe for four sandwiches

Tasty sandwich for school
Chef Omer Miller

Ingredients:

- > 4 rolls
- > 4 tablespoons of white cheese
- > 4 teaspoons of matbucha
- > 2 boxes of drained tuna
- > 20 sliced olives
- > 4 thinly sliced pickled cucumbers

Method of preparation:

Cut the roll - spread the white cheese, matbucha, tuna, olives, pitted olives and thin slices of pickles.

Close the roll - put it in the toaster.



Bon Appetit!