



# Assessment of Food Needs during Ramadan at Kara Tepe, Lesvos, Greece

## Summary

The following report documents a food survey undertaken at Kara Tepe Accommodation Site in Lesvos, Greece to determine the food needs of residents during Ramadan and their food preferences.

## Context

Prior to the start of Ramadan, HSA was required to undertake a survey of the number of Persons of Concern (PoCs) who would be fasting in order for the correct number of meals to be supplied.

Additionally, since Kara Tepe has transitioned from a transit site to a site of longer-term accommodation, the ongoing food needs of residents are becoming increasingly apparent. Many meals are going to waste at both lunch and dinner times, with residents reporting regularly that meals are “not good”.

In response to these complaints and the increasing levels of food waste observed by volunteers, HSA decided to undertake a food needs survey to establish the likes and dislikes of residents and better inform the menu selection. In addition to waste, it is concerning that many PoCs are not consuming the recommended number of calories as a result of dissatisfaction with the existing menu.

## Objectives

In light of the above context, the objectives of the assessment were:

- To establish the number of residents fasting during Ramadan
- To assess resident food preferences (likes and dislikes)

## Methodology

HSA undertook three surveys in total. The first and second were conducted on the 20<sup>th</sup> May and 4<sup>th</sup> June respectively, prior to the start of Ramadan, to collect the numbers of residents reporting to be fasting during Ramadan. These numbers were collected by visiting each RHU individually.

The third survey was conducted on 17<sup>th</sup> June, eleven days after the start of Ramadan, and collected the food preferences (likes and dislikes) of families. These opinions were collected through informal interviews of 100 residents, primarily with the women who most traditionally assume control of the families' diet.

### Survey data

Date	Total Est. Pop.	Fasting	Fasting %	Not Fasting	Not Fasting %
20 <sup>th</sup> May 2016	824	511	62%	313	38%
4 <sup>th</sup> June 2016	785	329	42%	456	58%

- Numbers of residents reporting their intention to fast dropped by 20% between the first and second survey.
- Residents not fasting include young children, the elderly, those suffering with illness, and pregnant women.

### Food Preferences

\*Based on a survey of 100 residents

### Main Findings:

- The existing menu does not reflect seasonal differences in diet.
- During the summer months it is customary to consume lighter foods such as salads and yoghurt and fruits.
- The preparation method of boiling vegetables is not liked by residents, traditionally vegetables are fried.
- Sauce is not liked by the majority of residents.
- Bulgur wheat is the preferred grain of choice.

DISLIKES	LIKES	SUGESTIONS (Proposed by PoCs)
<ul style="list-style-type: none"> <li>• Green peas, white beans, chickpeas (These are considered winter meals : PoCs do not eat them during summer months)</li> <li>• No more meals with sauce ; every meal with sauce is thrown away</li> <li>• Boiled potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Green beans with tomato and garlic</li> <li>• Fried eggplant, fried green pepper, fried tomato</li> <li>• Bamya</li> <li>• Bulgur wheat</li> <li>• Boiled eggs (Although twice a week is enough ; also preferred for breakfast- eggs are considered</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken + rice + yoghurt</li> <li>• Bulgur wheat with red lentils, fried onion + olive oil on top</li> <li>• Bulgur wheat with fried onion, tomato, green pepper and salcha</li> <li>• Bamya with rice + yoghurt</li> <li>• Green salad with tomato, pepper, onion, parsley, ol-</li> </ul>

<ul style="list-style-type: none"> <li>• Boiled vegetables</li> </ul> <p>Macaroni (they prefer spaghetti)</p> <ul style="list-style-type: none"> <li>• Rice</li> <li>• Couscous</li> <li>• Chickpea soup</li> <li>• Lentil soup</li> </ul>	<p>too heavy for dinner, they have concerns about about high cholesterol)</p> <ul style="list-style-type: none"> <li>• Yoghurt with cucumbers (tsatsiki style)</li> <li>• Cheese</li> <li>• Olives</li> <li>• Fresh salad ingredients</li> <li>• Peach, water melon, apricot, cherry, strawberry,</li> <li>• Cakes</li> </ul>	<p>ives</p> <ul style="list-style-type: none"> <li>• French fries</li> <li>• Pizza with cheese +olives</li> <li>• Spaghetti with yoghurt+mint+garlic sauce</li> <li>• Spaghetti Bolognese</li> <li>• Taboulé</li> <li>• Turkish style ravioli + yoghurt with garlic</li> </ul>
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### Existing Menu

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>LUNCH 14:00</b>	200gr. baked potatoes w/ 2x boiled egg + 80gr. bread	300gr. eggplant w/potatoes + red sauce + 80gr. bread	300gr. chickpea soup + 80gr. bread	300gr. green beans w/potatoes + 80gr. bread	300gr. Green peas w/potatoes + 80gr. bread	200gr. Baked potatoes w/ 2x boiled egg + 80gr. bread	300gr. Chickpea soup + 80gr. bread
<b>DINNER 19:00</b>	250gr. Couscous w/ tuna + 1x tomato + 1x cucumber + 200gr. Bread + 200gr yoghurt	150gr. Rice w/ 250gr. Chicken + 1x tomato + 1x cucumber + 200gr. Bread + 200gr yoghurt	300gr. Okra w/ potatoes + red sauce + 1x tomato + 1x cucumber + 200gr. Bread + 200gr yoghurt	300gr. beans+ 1x tomato + 1x cucumber + 200gr. Bread + 200gr yoghurt	300gr rice w/ 200gr. Yoghurt + 1x tomato + 1x cucumber + 200gr. bread	200gr beef in red sauce w 150gr oven potatoes + 1x tomato + 1x cucumber + 200gr. Bread + 200gr yoghurt	300gr. Okra w/ potatoes in red sauce + 1x tomato + 1x cucumber + 200gr. Bread + 200gr yoghurt
<b>DINNER 19:00</b>	Juice 100% 0.5ltrs	Juice 100% 0.5ltrs	Juice 100% 0.5ltrs	Juice 100% 0.5ltrs	Juice 100% 0.5ltrs	Juice 100% 0.5ltrs	Juice 100% 0.5ltrs