



About us:

[Pervolarides](#) are a group of volunteers that operate in Thessaloniki, Greece since 2013. We form a supportive community, a paradigm of active solidarity and social cooperation. We are based on food and the relations that are formed throughout the food cycle (from seeding and cultivation, crop collection, processing, and cooking, to reclaiming and re-processing food that would be wasted). We encourage empowerment and inclusion for those who are struggling to survive, who experience socio-economic exclusion, loss of income, homelessness or are classified as refugees and migrants. Through social synergies and collective actions that reflect the needs of our community, we operate on two pillars:

First pillar is the emergency response for people in need with provision of hot meals, fresh fruits, and vegetables plus non-food items (clothes, blankets, hygiene items, medicines etc). **Second pillar** involves the activation of the social-solidarity economy model with informal education provision and community empowerment activities. Through communal activities people organize themselves directly through democratic and inclusive processes to improve their nutrition, the fair use of resources, and to respond to resource scarcity that leads to increased insecurity and vulnerability.

Decisions are made through open, inclusive processes. We meet every second Wednesday. Our volunteers come from a variety of ages, sexes, religions, education levels, and cultural background. We speak many languages: Arabic, Farsi, Urdu, French, Greek, German, English.

Through social synergies and collective actions that reflect the needs of our community, we are stably running the following activities:

Community cooking, where we prepare food for the homeless and people in need. Both locals and refugees come together to meet their neighbors, to cook and learn new recipes and to share their love for food and for helping others.

Reclaiming food, where we collect products that are expiring or dry food in faulty packing that markets can't sell, as well as fruits, vegetables and fish that otherwise would be dumped. These products are processed into sauces, marmalade, and puddings, re-packed or cooked into hot meals that are distributed to homeless and people in need.

Urban gardening, where we share methods of organic food cultivation and processing of household waste into gardening compost and fertilizer. Through our gardening project, we want to regenerate not just the depleted soil of our neighborhoods, but also social relations. Gardening enables us to plant the seeds for the "cultivation" of social synergies and collective actions.

Beekeeping, which is a traditionally cooperative process that teaches us how to work together and with the bee population to produce organic honey, while we support the natural regeneration process.

Workshops on household self-sufficiency and food sovereignty, where we exchange recipes, ideas and knowledge on food saving while making marmalades, tomato sauce,



pickles, puddings, cookies, and anything that can be produced from processing reclaimed food.

Workshops for children and young people with special needs, on making seedbombs, insect hotels, compost, gardening etc.

Workshops on cooperative housing, urban justice & sustainability, commons-enclosures-peer production, keys for sustainable cities, introduction to social & solidarity economy.

Activities for raising community awareness, on food sovereignty, food waste, the loss of bees' habitats, soil degradation, cultivation of neighborhoods' abandoned spaces, and cleaning, regeneration and greening of barren urban environment.

Synergies with public schools in the context of facilitation and technical training in food processing and in developing zero waste communities inside the school communities.

Good practices and knowledge exchange with like-minded organizations from Germany in the context of community housing and social-solidarity economies.

We support 2 civil society organizations by providing food for their projects. We aim to expand our network of affiliated organizations by becoming a point of reference for food provision and consultancy to any group/individual that wishes to start/develop their own community projects.

We cooperate with 3 public schools on zero waste community development: We facilitate them with provision of reclaimed food for food processing workshops and consultancy on creating a composting site inside the school premises.

During covid times we worked on our capacity building, helping each other while at the same time we expanded our positive impact on the community of people that we assist.

We consider our co-operating model to be extremely successful and easy to adapt based on activating small and flexible groups of volunteers under a common umbrella, collectively forming a greater community. Through food collaborations, people learn about themselves and how to care for others and for mother nature. We wish to share our model of cooperation, to multiply its contribution and to strengthen its impact. Through our approach we want to create new nuclei of solidarity and community empowerment. To connect people, organizations, farmers, companies etc. under specific goals: Helping fellow human beings and at the same time empowering them, the proliferation and empowerment of solidarity groups, the facilitation to solve issues of communication, identity formation and sharing of knowledge.

Through democratic and open horizontal decision-making processes, individuals and small groups become communities that regenerate their social and natural environment, take responsibility for their decisions and actions, and taste the fruits of their successes. And if they fall, let's be there to help them get up and try again.



Additional points of reference:

[Presentation](#) of Pervolarides for the UrbanCommunity, 05/07/2022

[Presentation](#) of our work, 11/01/2022,

[Presentation](#) of our work in the Food System Change Online Congress from “Nahhaft e.V. Organization, 23/03/2021,

University of East London, [page 22](#), 2020,

[Report](#) on Pervolarides activities in “Respekt für Griechenland” site, 22/03/2020,

[Article](#) in “Neos Kosmos” newspaper in Melbourne, Australia, 16/04/2018

Presentation of our work in local media:

[Masterchefs Club of Greek Gastronomy](#), 03/01/2022,

[ANA-MPA WebTV](#) , 16/12/2021,

[AMNA](#), 16/12/2021,

[Inboxnews](#), 16/12/2021,

[ERT](#), 29/11/2021,

[Onlarissa.gr](#), 05/08/2021,

[Olivemagazine](#), 11/10/2019,

[TyposThes](#), 10/10/2019,

[Typos-I](#), 13/08/2019,

[Ypaithros](#) magazine, 13/08/2019,

[Huffingtonpost](#), 13/08/2019,

[Parallaxi](#) magazine, 08/02/2019