

gefsinus<sup>®</sup>  
FOOD CULTURE



**ACS Athens**  
American Community Schools

## Profile

- Gefsinus is the largest catering company operating in closed markets in Greece. It caters daily 90.000 people in more than 120 service locations in Athens, Crete, Peloponnese and Thessaloniki. It covers the catering needs of industrial and service provider companies, medical care and educational institutions, camps, etc. It owns one ultra modern and fully equipped central production unit in Athens, one in Crete and one in Thessaloniki which are designed according to the standards imposed by the European and Greek legislation.

- Founded in 1992, our 30 years of experience give us the expertise needed to offer the best quality in all our products and services. Our meals are based on the Mediterranean cuisine which is acknowledged worldwide as the most balanced and healthy cuisine. We focus on using ingredients, fruits and vegetables in season to ensure the quality and non-use of chemicals.

## Brands

Gefsinus, through its brands offers the students meals, foods and beverages, which meet federal requirements based on the Dietary Guidelines set by the Hellenic Food Authority (EFET).

We will provide students access to a variety of affordable and appealing goods that meet the nutrition needs of the specific groups.



**Gefsinus:** Freshly cooked meals based on the Mediterranean cuisine and Salad Bar with variety of vegetables



**Café Ciel:** Variety of fresh snacks, pies, sandwiches and beverages



**Eataliano:** High quality fresh pasta and pizza with healthy raw materials such as turkey and vegetables



**Burger Station:** A healthy version of children's favorite meal with 100% beef, chicken and vegetables



**Grill Station:** A large variety of fresh grilled fish and meat, served with grilled vegetables, rice or salad is available



**Thrépsis:** A wide range of options with healthy, quality & fresh ingredients under the care of our Chefs for a balanced diet

**30 years**  
**of innovative & quality actions**  
**in captive market !**



## Central Production Unit

In the framework of developing and taking further entrepreneurial actions, Gefsinus inaugurates its new premises, 10.000m<sup>2</sup> in Kryoneri with an investment of 9.500.000€ where special areas are dedicated to each category of raw materials & products.

These include:



- ☺ A central kitchen for the preparation of meals with state-of-the-art equipment
- ☺ Vertical processing unit of vegetables in the form of contract farming
- ☺ Sous-vide processing & cooking section
- ☺ Vegan dishes preparation section
- ☺ Experimental cuisine, with the aim of creating original recipes
- ☺ Separate kitchen for the preparation of meals with recipes drafted by specialized chefs and nutritionists
- ☺ Separate kitchen for the preparation of hospital meals.

We cook in a specially designed and equipped space following specific instructions and menus drafted by the clinical nutritionists and dietitians of the hospitals.



## Healthy Guidelines

We are honored to have been chosen to undertake the management of the Middle/High School's and Kindergarten/ Elementary School's Food Services at the ACS Athens premises, acknowledging the importance of the service. Combining proper nutrition with adequate physical activity is particularly crucial to ensure the development of the child. Benefits for the child:

-  To be trained to enjoy foods rich in nutrients
-  To adopt behaviors that should eventually lead to a healthy adulthood.

**Gefsinus' approach for providing healthy and tasty meals for the students will focus on:**

- Strict selection of Suppliers and Raw Materials.
- Ongoing collaboration with our Nutritionist/Dietitian.
- Design a menu based on nutritional principles appropriate for school age children.
- Use mainly seasonal fruits and vegetables.
- Recipes with nutritious materials e.g. burgers with oats instead of white bread, whole wheat pasta, etc.

## Quality Certifications

- **ISO 9001** Quality Management System
- **ISO 22000** Food Safety Management System
- **ISO 45001** Occupational Health & Safety Management System
- **ISO 14001** Environmental Management System
- **IFS Food v.7** Food Safety Management System
- **ISO 23001** Safety Management System for Crisis Management and Company Continuity
- **ISO 39001** Road Traffic Safety Management System
- **ISO 37001** Anti-bribery Management System
- **ISO 22005** Traceability in the feed and food chain
- **ISO 27001** Standard for information systems security
- **HALAL** Halal Food Management System
- **ECOVADIS** Business Ratings for Buyers & Suppliers about non-financial Management System including Environmental, Labor, & Human Rights, Ethics and Sustainable procurement impacts

## Safety Procedures

The products we choose are from certified and approved suppliers who have undergone diligent checks concerning their methods of handling and distributing food and materials, in strict compliance with current EU and Greek legislation.



At all stages of production, we apply adherence to procedures according to the certifications ISO 9001, ISO 14001, ISO 22000, ISO 22005, ISO 37001, ISO 39001, ISO 45001, ISO 23001, ISO 27001, IFS Food v.7, HALAL, ECOVADIS.

The preparation of all food is closely monitored while the necessary tests are taken and recorded under the provision of Legislation for Food Safety.

**Gefsinus has a very strict Hygiene Controlling System, which includes continuous sanitary inspections of premises, equipment and supply chain conducted by independent laboratories in all facilities where production of meals takes place.**

## Mobile Application



Application instructions:

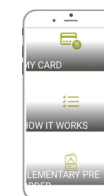
### 1 Download & Login

- Download the app via App Store or Play store
- Request your QR code / Secret Code from the Cafeteria Manager (acs@gefsinus.gr)
- To login scan or enter the your QR code / Secret Code



### 2 Menu

- **MY CARD**  
See your profile and your balance
- **ELEMENTARY, MIDDLE SCHOOL & HIGH SCHOOL PRE ORDER**  
Use the app in order to select the alternative choice
- **MONTHLY MENU**  
Check our monthly menu



## Payment Options and Benefits

We would kindly like to inform you regarding the pricing policy of Gefsinus restaurant unit within ACS premises.

The current student's ID card may be converted to a PrePaid card, for the purchase of their meals, snacks, drinks, e.t.c. For each purchase, students will receive the relevant receipt from the cafeteria's cashier and it will be their responsibility to deliver it to their parents. In case that an invoice is requested, customers should inform the cashier prior to the purchase.

**For your child's meals, we offer 3 different ways of payment:**

1. Through our mobile application
2. Pay directly to the cafeteria's cashier from Monday to Friday, 09:00 – 11:00
3. Deposit the amount to any of the Gefsinus bank accounts number below, 7 days prior to the period the card will be used. For example, for October's meal fees the deposit should take place on the 23rd of September, the latest.

\* You must always provide your children's card ID number and name, mentioning Lunch ACS.

Bank account numbers:

ALPHA BANK GR 7901401730173002320000360

PIRAEUS BANK GR 3701720140005014023870826

**The prices for hot meal packages are:**

- High & Middle School Meal: 5,40€, (includes main hot plate, side salad, slice of bread and juice or water)
- Elementary School Meal: 4,80€, (includes hot plate with salad and juice or water)

Historical reports concerning your children's daily consumption and purchase patterns will be at your disposal upon request.

**Special benefits for the prepaid card users**

You can prepay for your children's meals and get a further discount.

Elementary

- a) 20 meals a discount of 4% will be offered
- b) 60 meals a discount of 6% will be offered

High & Middle School

- c) up to 120€, a 5% discount will be offered to any meal or food item purchased in the cafeteria
- d) 121-200€, a 7% discount will be offered Elementary School standard Meals only

Additional food items may be purchased by adding additional funds to the PrePaid card, (minimum additional funds 10 Euro)

An additional discount of 3% applies if you prepay cards for each of your 2nd or 3rd child attending ACS.

**Additional Information**

- The parent will be able to be informed regarding the balance of the PrePaid Card by a notice or an e-mail. Thus, it is very important for us to have all the contact details such as contact name, email and telephone number. Also, the prepaid card available balance shows on the cafeteria cashier's receipt.
- In case that the PrePaid Card goes to a negative balance, the child will be able to receive up to 2 further meals. Parents must renew the prepaid cards timely. Gefsinus will notify the parents when the PrePaid Card goes to a negative balance.
- In case that at the end of the current school year there is an amount in the PrePaid card, it will be transferred to the next school year period, it is not refundable.
- In case of a special nutritional needs, e.g. allergies, diabetes, etc you must inform the restaurant's supervisor.

**For any suggestions or questions please contact us at:**

acs@gefinsinus.gr - Cafeteria Office 6951697631

## Nutrition - Mediterranean Diet

### Healthy eating!

Nutritional requirements during childhood differ from those in adulthood as the rate of growth is particularly high. Nutrition affects the child's health as it is related to smooth physical development and maintenance of a healthy weight.

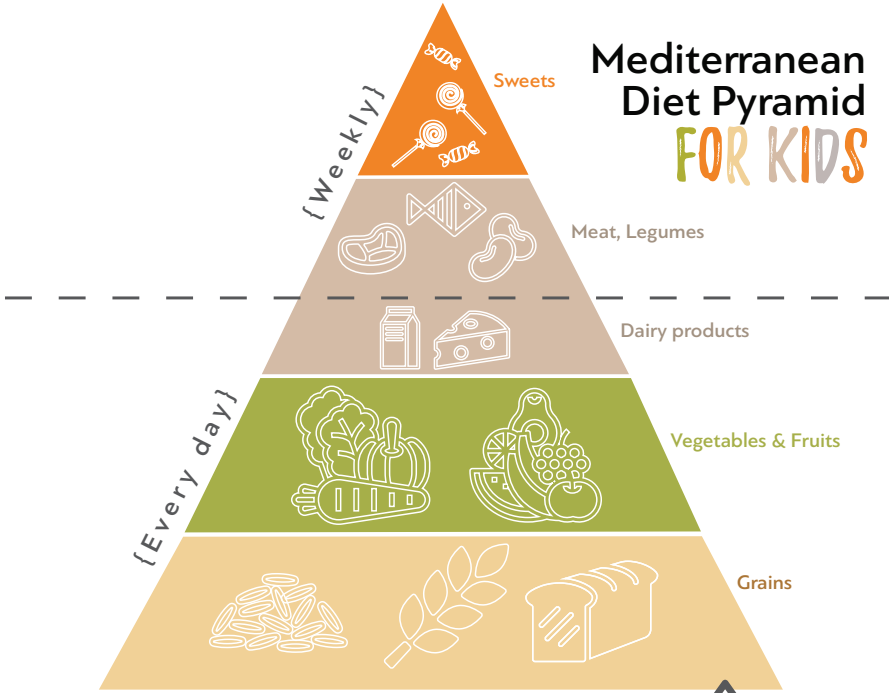
The main goal of the company is to provide daily **school meals so that children can follow a balanced diet** based on the principles of the Mediterranean diet, which has been proven to be beneficial for health.

Therefore, Gefsinus nutritionists' draft meals which contain:

- ☺ Olive oil, as the only source of added fats, since the company does not use any other added fats (vegetable or animal).
- ☺ Variety of foods of plant origin (legumes, vegetables, fruits) so that adequate amounts of fiber, vitamins and minerals are received.
- ☺ Low-fat meat and cheeses, so that beneficially nutrients such as proteins and iron can be received, while at the same time to keep a low saturated fat intake.
- ☺ Salt in low quantities, as its high consumption can have adverse health effects even in childhood.
- ☺ Sweets with a relatively low sugar and fat content, such as rice milk, cream etc.

(The frequency of the above appears in the weekly menu in accordance with the principles of the Mediterranean diet)

# Mediterranean Diet Pyramid FOR KIDS



Scientific Editing: Elena Bellou, PhD, Clinical Dietitian- Nutritionist

  
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