



Initiatives in the Galician countryside



Initiative	Fademur Antoxos
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Legal formula	Worker cooperative



The experience

Antoxos is a cooperative formed by women who provide outreach services in their own municipality and region. Specifically they carry food to the home of the elderly who want to hire the services.

It is an example of creating economic value in local areas, from the need of services derived from the dispersal and aging of the population. At the same time it meets a need for proximity, they created three jobs.

With a portfolio of about 40 or 50 customers a day, Antoxos can make custom menus, and they seek to respect traditional meals which people in the countryside are used to eat, also taking into account health criteria appropriate to each case.

The origins



It's constituted as a cooperative in July 2011, under the name Cooperativa de servizos de comida caseira a domicilio Fademur Antoxos, S. Coop. Galega.

The promoter group, along with other women of the municipality, started cooking courses, digital literacy, cooperatives and food handling training within a program promoted by the Federación de Asociaciones de Mulleres Rurais, Fademur, and financed by the Ministry of Agriculture, Food and Environment environment of the Spanish government. The purpose of this program was to encourage enrollment, continuance and promotion of rural women in the labor market and meet the growing demands and needs of home care help for the elderly and dependents who live in rural areas.

At the same time, they sought to highlight knowledge linked to the kitchen and care, to turn them into a decent livelihood.

The territory

Carballada de Avia is a small municipality of the region of O Ribeiro, characterized by small size places and population loss. In 1991 it had 1,888 inhabitants, less than 1,400 today. The aging index exceeds 500 percentage points.





Equal opportunities

One of the values that differentiate this project is the focus on access to employment by a group of women between 30 and 50 years who were long-term unemployed, in an environment where jobs are reduced.

One of the variables evaluated by members of the cooperative is to be able to work on their own municipality, and as we already indicated, to become a livelihood job skills and personal activities that were already carried out within the domestic economy.



Resources

To implement the cooperative, the members got the capital themselves. The training, investments and accurate counseling were provided by Fademur, within the project already mentioned that was developed in other municipalities in Spain.

The Council lend them the facilities and pays different supports, as since the beginning of the project, they put at their disposal a vehicle to deliver meals.

They also received assistance from the Subdirección de Cooperativas of the Xunta de Galicia, for the implementation of the cooperative.

Impacts

Smart territory

The search for elements of opportunities in demographic situation led them to believe that outreach services could be an activity generating local employment. Antoxos uses this proximity as a factor of quality, adapting menus to different users and respecting the kitchen which they are used by tradition.



Inclusive territory

The lack of job opportunities, more pronounced in the case of women, is overcome through this project of self-employment cooperative, looking to convert skills exercised in the home at a job that promotes vital and more equal conditions.

Sustainable territory

The experience generates employment opportunities and facilitates quality services in rural areas. Therefore, it acts in fixing the population from two key elements: employment and quality of life.