



**Be Enriched**  
**Sustainability Impact Assessment Report**  
**2024**

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# 1. INTRODUCTION

This Sustainability Impact Assessment (SIA) report presents the impacts of Be Enriched. This report was created using SHARING SOLUTIONS – the SHARING SOLUTIONS Impact Assessment Toolkit.

SHARING SOLUTIONS was designed to illustrate the broad spectrum of impacts that food sharing initiatives have on the sustainability of food systems. Any initiative engaged in such activities around food can be classed as a food sharing initiative. Food sharing can be growing, cooking and eating together or redistributing surplus food to others.

The SHARING SOLUTIONS framework contains 34 sustainability indicators that initiatives can select from as relevant to their specific activities. An indicator can be a quantitative or qualitative factor or variable. An indicator provides a simple and reliable means to capture information at a particular point and which can be used over time to identify changes. The indicators cover four pillars of sustainability for our food systems – Social, Environmental, Economic and Governance. Within these pillars, indicators are organised into 13 impact areas. For each indicator, initiatives are provided with several options to demonstrate their impact using quantitative and/or qualitative evidence.

For more information about the SHARING SOLUTIONS tool including the SIA framework please refer to the SHARING SOLUTIONS webpage: <https://app.sharingsolutions.eu>

## 2. IMPACT SUMMARY REPORT



### WHO WE ARE

**Name:** Be Enriched

**Location:** London



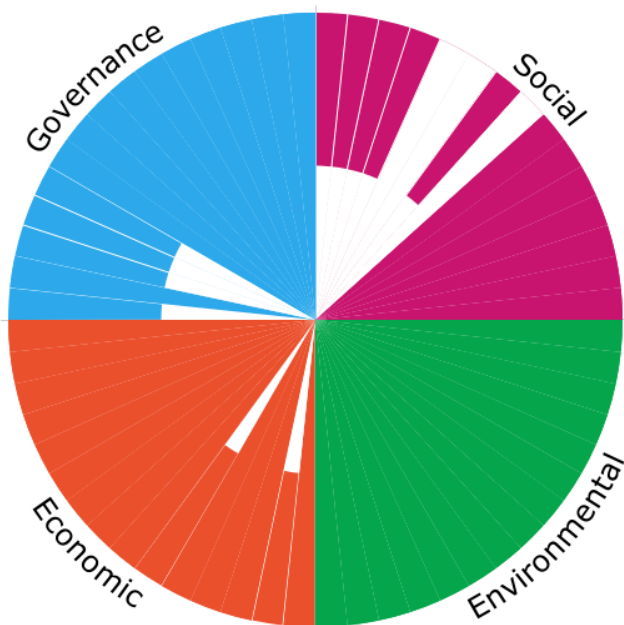
### GOALS AND ACTIVITIES

**Goals:** We aim to foster better relationships in local communities, reducing stigma and exclusion.

**Activities:** Cooking Or Eating Food Together, Redistributing Surplus Food, Multifunctional



### IMPACT HIGHLIGHTS



Indicator where we have reported our impact



Indicator where we are having a significant impact

#### ▶ Our key areas of significant impact are

- Increased access to and consumption of fresh food
- Connecting and creating new support networks within communities
- Increasing well-being through volunteering



## KEY IMPACTS



**3092**

participants showed increased appreciation of other groups in their community



**15460**

portions of fruit & vegetables distributed to participants



**100**

of our employees are paid >10% more than minimum wage



Our events are effective means to altering people's perceptions of who is homeless and why



One of our former employees set up the Haslemere Kitchen, this follows our community canteen model. Haslemere was the first community cooking project in that area.



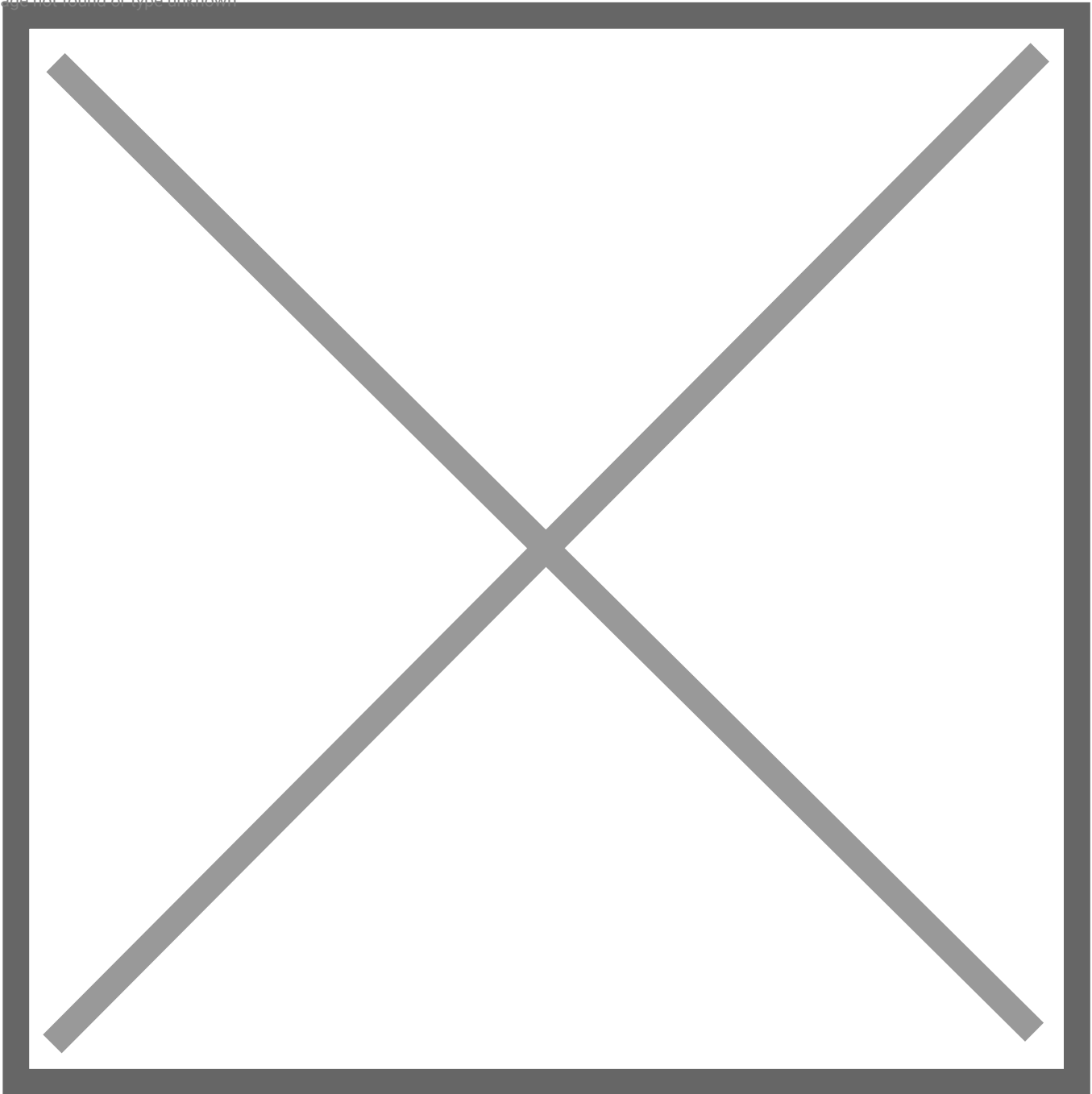
Part of the Canteens project relates specifically to befriending and sharing experiences. In our annual survey socialising was given as top reason for people to attend and volunteer at our events. Be Enriched is a people focused food project.



## FOOD SHARING BENEFITS

The sharing element of food sharing creates unique positive benefits like fostering social cohesion and reducing loneliness. The direct and indirect benefits our food sharing generates are indicated below.

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## HOW WE CONTRIBUTE TO THE UN SUSTAINABLE DEVELOPMENT GOALS

The United Nations uses a range of impact areas and indicators to measure progress towards the Sustainable Development Goals (SDGs). The following graphic shows how our activities are contributing to these goals at three levels by: (1) Contributing to the general ethos of a goal (2) Making a direct impact to an impact area; and (3) Making a major impact by contributing to an indicator.



### Legend:

- Making a major direct impact towards this goal
- Making a direct impact towards this goal
- Contributing to the ethos of this goal

# 3. SUSTAINABILITY IMPACT ASSESSMENT

## SOCIAL

### COMMUNITY INTEGRATION AND SHARING

#### Increasing appreciation of different cultures across and within communities

How many people had the opportunity to mix and gain a greater understanding of other groups of people in their community (e.g. people of different ages, genders, abilities, race, ethnicity, origin, religion and/or socio-economic status) through your initiative?

3092

How many people report or were observed having gained greater knowledge and understanding of other groups of people in their community through your initiative?

3092

Do any of your activities specifically aim to empower and promote the inclusion of any vulnerable or marginalized groups of people (e.g. youth, persons with disabilities, indigenous peoples, women, etc)?

Our events are effective means to altering people's perceptions of who is homeless and why

#### Improving communication skills

How many people report or were observed having improved their communication skills because of engagement with your initiative?

1

Share any other relevant information about how your initiative supports improving communication skills (e.g. supporting social interaction, improving language skills and/or testimonies from participants)

We worked with an asylum seeking family who now attend every week and have said it has helped them improve their English, fostering a wider food and s

#### Fostering a wider food and sharing culture



How many other food sharing initiatives are you in regular contact with to exchange knowledge or collaborate?

20

How many volunteers and/or employees have moved on to join or establish another food sharing initiative?

4

Share any other relevant information about how your initiative helps foster a wider food and sharing culture (e.g. stories from participants, volunteers, employees, and/or other food sharing initiatives that you collaborate with)

One of our former employees set up the Haslemere Kitchen, this follows our community canteen model. Haslemere was the first community cooking project in that area.

## ACCESS AND AFFORDABILITY OF FOOD

### Increased access to and consumption of fruit and vegetables

How many portions of fruit and/or vegetables did your initiative distribute to people in the year being reported?

15460

How many people report eating more fruit and vegetables since encountering your initiative?

4

Share any other relevant information about how your initiative increases access to and consumption of fruit and vegetables (e.g. an awareness campaign you have run about healthy eating)

Most people will eat at least once piece of fruit a day, whether tMost of our participants get at least one piece of Fruit a day. By providing people with access to a wide variety, we help people to eat more fruit and vegetables than they would otherwise.

### Increased access to and consumption of fresh food

How many people did your initiative distribute fresh food to?

3092

How many meals did your initiative distribute?

3092

How many people used your facilities to grow, store, cook and/or consume fresh food?

350

How many people report eating more fresh food and/or freshly prepared meals since encountering your initiative?

Many of our beneficiaries are volunteers. Although a lot of them were also food insecure. The remainder of the people are food insecure for a variety of reasons

## HEALTH AND WELL-BEING

### Connecting and creating new support networks within communities

How many people have increased their support or friendship network because of encountering your initiative?

3092

How many people have increased their support or friendship network indirectly because of food donations you have facilitated?

3092

Share any other relevant information about how your initiative supports connecting and creating new support networks within communities (e.g. stories about friendships formed because of engaging with your initiative)

Part of the Canteens project relates specifically to befriending and sharing experiences. In our annual survey socialising was given as top reason for people to attend and volunteer at our events. Be Enriched is a people focused food project.

## Boosting levels of meal sharing

How many people have shared meals at events run by your initiative

3092

How many meals has your initiative distributed to other organisations that facilitate people eating together

1

How many people are eating shared meals at least once per week due to your initiative's activities

600

Share any other relevant information about how your initiative is boosting levels of meal sharing (e.g. stories from participants about how opportunities to share a meal has improved their wellbeing)

Many people come regularly although in some cases it is just a one off. We try to make the events as informal as possible so we do not systematically record the attendance of individuals.

## Increasing well-being through volunteering

How many volunteers have reported that their self-confidence has improved through participating in your initiative?

15

How many volunteers have reported that their physical health and well-being has improved through participating in your initiative?

15

## ECONOMIC

### JOBS

#### Fairly paid work

What percentage of your part-time employees are paid a rate 10% or more above the legal minimum wage?

100

What percentage of your full-time employees are paid a rate 10% or more above the legal minimum wage?

100

## EDUCATION AND FOOD CHOICES – ECONOMIC

#### Formal qualifications

How many people gained formal qualifications relating, at least partially, to food because of participating in your initiative?

4

Share any other relevant information about how your initiative supports formal qualifications.

Last year 4 people received level 2 food hygiene certificates as a result of being involved with Be Enriched. This certificate is required for a huge number of roles in the food industry.

## GOVERNANCE

### CIVIC ENGAGEMENT

#### Contributing to policy development

List key activities your initiative did to establish more sustainable food policies at the local, regional, or national level.

Member of Greater London Assembly - Food Inequality Committee and a Co-op Food Justice Consultation

Share any other relevant information about how your initiative contributes to policy development.

We advised several other food initiatives on adopting some of our practices and participated in multiple regional committees and consultations.

### STRATEGIC PLANNING

#### Strategic planning and sustainability

Select from the following the best description of your formal planning processes.

We have a formal plan which does specifically set out goals which relate to sustainability issues.

#### Stakeholder engagement

Select from the following the best description of your strategy for identifying, engaging, and managing your relationships with stakeholders.

We have no formal strategy relating to our stakeholders.

### RISK CONTROL

#### Risk control

Select from the following the best description of your current strategy for identifying and reducing risks facing your initiative.

We have identified the major risks to our initiative but have not yet formed a strategy to reduce them

Share any other relevant information about how your initiative increases access to and consumption of fresh food and/or freshly prepared meals. (e.g. stories from people who attended events, cooking classes, workshops, etc.)

We have produced a new fundraising strategy as part of our drive towards long-term financial sustainability

## 4. Disclaimer

This report was produced using the SHARING SOLUTIONS Toolkit which was designed as part of the European Research Council (ERC) SHARECITY project (Grant No. 646883) and developed with an ERC PoC Award (No. 101069183). The data entered in this report is the sole responsibility of the initiative entering the data, it was not independently verified by the SHARING SOLUTIONS Team. Any errors therefore remain the responsibility of the initiative.



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