

Hort al Terrat

Sustainability Impact Assessment Report

2023

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1. INTRODUCTION

This Sustainability Impact Assessment (SIA) report presents the impacts of Hort al Terrat. 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: Hort al Terrat

Location: Barcelona



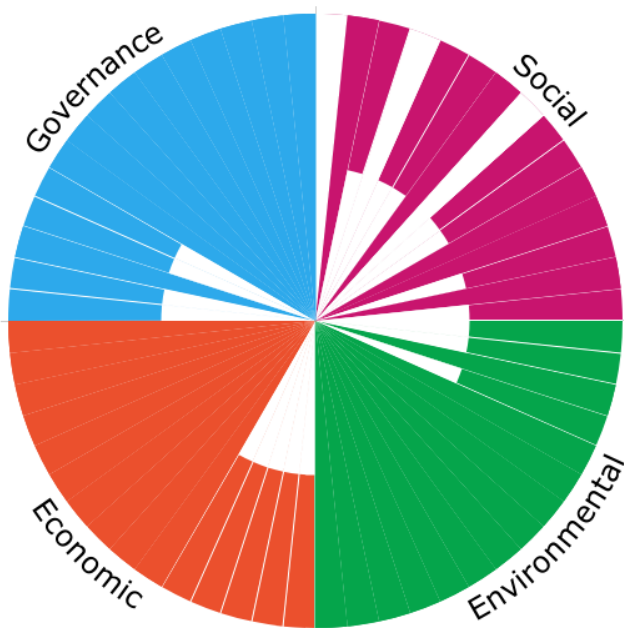
GOALS AND ACTIVITIES

Goals: Improve the social life of people with disabilities through growing food activities.

Activities: Growing Food Together



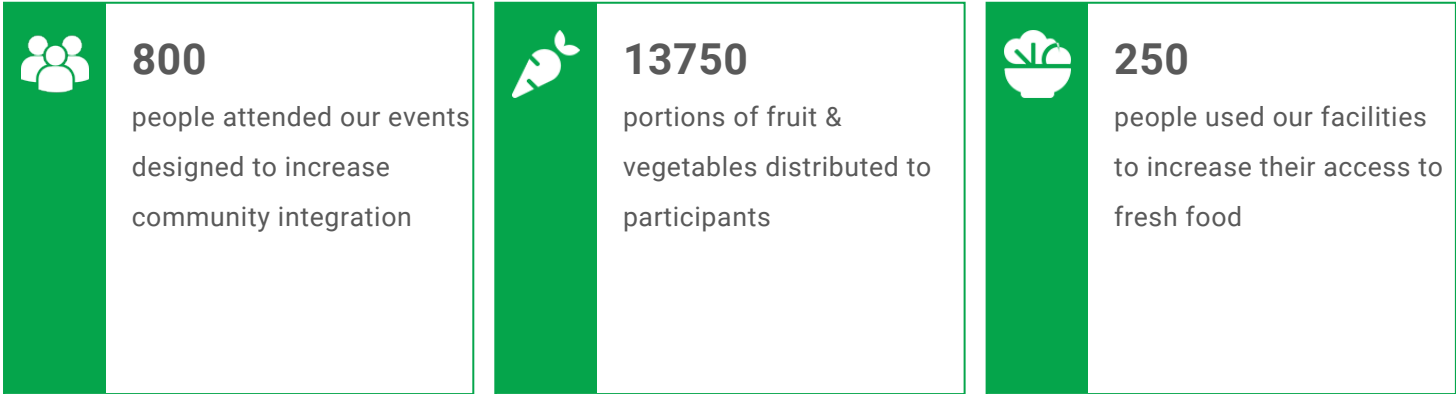
IMPACT HIGHLIGHTS



► Our key areas of significant impact are

- Increasing appreciation of different cultures across and within communities
- Increased access to and consumption of fruit and vegetables
- Increasing well-being through volunteering

KEY IMPACTS



-  Yes, people with any kind of disabilities
-  We give away 90% of our production.
-  The volunteers report having better social interactions and life altogether (see study 2018).



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.





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?

800

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

800

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)?

Yes, people with any kind of disabilities

Share any other relevant information about how your initiative helps empower and promote the inclusion of vulnerable or marginalised groups (e.g. youth, persons with disabilities, indigenous peoples, women, etc)

People with disabilities get the chance to learn about agriculture and work with other people in the community.

Fostering a wider food and sharing culture

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

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)

We record the experiences, we spread our experience using many media strategies (TVs, talks, news, conferences).

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?

13750

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

250

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)

We give away 90% of our production.

Increased access to and consumption of fresh food

How many people did your initiative distribute fresh food to?

350

How many meals did your initiative distribute?

13750

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

250

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

250

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 an initiative to help people learn new recipes using the food we grow.

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?

250

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

350

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)

Some of the participants became volunteers of other entities because of our project.

Increasing well-being through volunteering

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

250

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

250

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

250

How many volunteers have reported an increased feeling of belonging in their community through participating in your initiative?

250

How many volunteers have reported increased social interactions and friendships through participating in your initiative?

250

Share any other relevant information about how your initiative is increasing well-being through volunteering (e.g. stories of volunteers making new friends)

The volunteers report having better social interactions and life altogether (see study 2018).

Improving self-confidence and resilience

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

250

Increasing movement and exercise

How many people engaged in moderate exercise through participating in your initiative?

250

How many people have been inspired to exercise more because of participating in your initiative?

250

Share any other relevant information about how your initiative is increasing movement and exercise (e.g. stories of how participants became more active and/or experienced other health benefits from getting involved in your programs)

We encourage the participants to walk to our gardens.

EDUCATION AND FOOD CHOICES – SOCIAL

Increasing engagement in growing food

How many people grow food at your initiative's location?

250

How many people grow food at home or in their community because of participating in your initiative?

50

Share any other relevant information about how your initiative is increasing engagement in growing food

Our participants love to share their new knowledge about growing food with the community (for example at city events).

Discovery of new fresh foods

How many people attended your events that were (at least partially) designed to introduce new types of fresh food?

250

Share any other relevant information about how your initiative helps people discover new fresh foods

Some participants report learning about new vegetables they did not know before.

ENVIRONMENTAL

AGRICULTURAL PRACTICES

Diverting organic waste from landfill

Select from the following the best description of your composting activities

We collect our own organic material but send it for composting elsewhere.

Water recovery

Describe the system you have in place for water recovery

Closed circuit tanks

Maintaining and improving biodiversity

Share any relevant information about how your initiative maintains and improves biodiversity

We have bees and insect initiatives.

ECONOMIC

JOBS

Training and jobs

How many people participated in a training or employment scheme with your initiative?

250

How many people have found work after participating in a training or employment scheme with your initiative?

3

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

LOCAL FOOD PRODUCTION

Contribution to food production

How many estimated kg of food did your initiative produce?

1100000

How much space (m² of land, rooftops, walls etc.) has your initiative converted/reclaimed for growing food?

800

How many estimated kg of food did your initiative produce per m2 of space?

1375

AFFORDABILITY OF FOOD

Reducing pressure on food budgets

How much did your initiative save, in total, to local people's food budgets through providing food or meals?

6325

EDUCATION AND FOOD CHOICES – ECONOMIC

Sharing specific skills and knowledge about the food system

How many people reported an increase in their knowledge and skills about food because of participating in your initiative?

250

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.

Promoting initiative model, engaging with schools and citizens.

Sharing knowledge and good practice

Select from the following any activities your initiative does to share knowledge and best practices.

Hosted events to promote and educate about specialist practices your initiative implements.,Advised or assisted other food initiatives in adopting similar practices to your initiative.,Participated in any citizen science or similar programs to improve understanding issues relating to your initiative

STRATEGIC PLANNING

Strategic planning and sustainability

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

No formal plan.

Stakeholder engagement

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

We have a strategy to identify the relevant stakeholders for our initiative and regularly review them.

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 successfully implemented a strategy which has already reduced major risks facing our initiative (for example by purchasing a property or securing long term funding)

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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