

BuurtMaaltijden

Sustainability Impact Assessment Report

2024

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1. INTRODUCTION

This Sustainability Impact Assessment (SIA) report presents the impacts of BuurtMaaltijden. 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: BuurtMaaltijden

Location: Utrecht



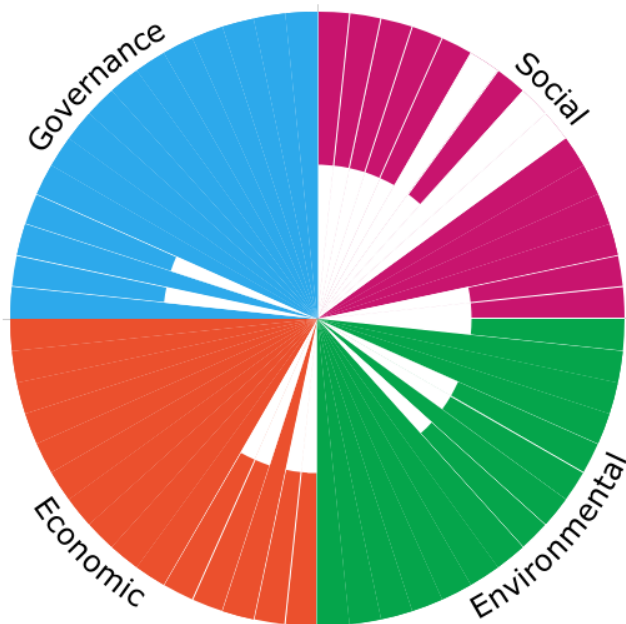
GOALS AND ACTIVITIES

Goals: Creating communities.

Activities: Cooking Or Eating Food Together



IMPACT HIGHLIGHTS



► Our key areas of significant impact are

- Connecting and creating new support networks within communities
- Increasing well-being through volunteering
- Improving self-confidence and resilience



KEY IMPACTS



300

people have increased their support network due to our initiative



100

volunteers reported increased feeling of community belonging



100

participants reported improved self-confidence through contact with us



See Bibi story: she was didn't know anyone, and because of their new friendship network, she managed to get settled (find a GP for example) and now she goes out with a lot of people outside of the initiative.



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?

500

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

300

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

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)

They collaborate to create meals and need to converse, work and organise themselves together.

Improving communication skills

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

100

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)

The 100 volunteers participate in group conversations where we share about how we feel, how things are going, both in terms of their lives and the initiative. We always work in groups.

Fostering a wider food and sharing culture

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

5

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?

13000

Increased access to and consumption of fresh food

How many people did your initiative distribute fresh food to?

300

How many meals did your initiative distribute?

13000

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

100

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.)

When we receive many donations, we give it to the people. Also people cook together, so learn new receipies together.

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?

300

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)

See Bibi story: she was didn't know anyone, and because of their new friendship network, she managed to get settled (find a GP for example) and now she goes out with a lot of people outside of the initiative.

Boosting levels of meal sharing

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

300

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

210

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)

Once a year, we have events with other initiatives as well where we share meals

Increasing well-being through volunteering

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

100

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

100

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

100

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

100

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

100

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

See Bibi story

Improving self-confidence and resilience

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

100

How many people report increased levels of self-efficacy through participating in your initiative?

100

Share any other relevant information about how your initiative is improving self-confidence and resilience (e.g. stories of how participants increased their confidence generally or improved their skills and abilities through your programs)

See stories on leaflet

EDUCATION AND FOOD CHOICES – SOCIAL

Increased confidence and participation in cooking

How many people attended your events that were (at least partially) designed to improve their confidence and ability to cook for themselves and others?

90

How many people report that they are more likely to cook for others because of participating in your initiative?

100

Share any other relevant information about how your initiative increases confidence and participation in cooking

See leaflet stories

Discovery of new fresh foods

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

We cook food from all over the world, so most people would come in contact with new foods.

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.

FOOD WASTE

Food waste reduction

Share any other relevant information about how your initiative reduces food waste

Most of the food we use is donated from supermarkets or local commercial retailers

CARBON FOOTPRINT

Reducing the carbon footprint of the food system

Select from the following any carbon footprint reducing activities your initiative does (can select multiple options):

Rescuing food that would otherwise have been sent to landfill,Accepting donated food that may otherwise have been sent to landfill

Share any other relevant information about how your initiative reduces its carbon footprint (e.g. stories of your participants being inspired to make changes to reduce their carbon footprint because of your events or programs)

We receive food donations but do not quantify how much

EDUCATION AND FOOD CHOICES – ENVIRONMENTAL

Reducing food packaging

Share any other relevant information about how your initiative reduces food packaging.

We use reusable containers

ECONOMIC

JOBS

Training and jobs

Share any other relevant information about how your initiative supports training and jobs.

We have a lot of stories about people finding their way back into society and finding jobs through the FSI

Fairly paid work

Share any other relevant information about how your initiative supports fairly paid work.

We have 2 part time employees - not sure about percentages.

AFFORDABILITY OF FOOD

Reducing pressure on food budgets

How many people acquired knowledge and skills to reduce pressure on their food budget by participating in your initiative?

100

Share any other relevant information about how your initiative is reducing pressure on food budgets.

We run dinners 3 times per week - either free or very cheap

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?

100

Share any other relevant information about how your initiative shares specific skills and knowledge about food and the food system.

see leaflet stories

GOVERNANCE

CIVIC ENGAGEMENT

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.

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 no formal strategy relating to our stakeholders.

Share any other relevant information about how you engage with stakeholders.

Local government - we get funding.

RISK CONTROL

Risk control

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

We currently have no formal strategy to identify the major risks to our initiative

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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