

Rob de Matt

Sustainability Impact Assessment Report

2025

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1. INTRODUCTION

This Sustainability Impact Assessment (SIA) report presents the impacts of Rob de Matt. 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: Rob de Matt

Location: Milano



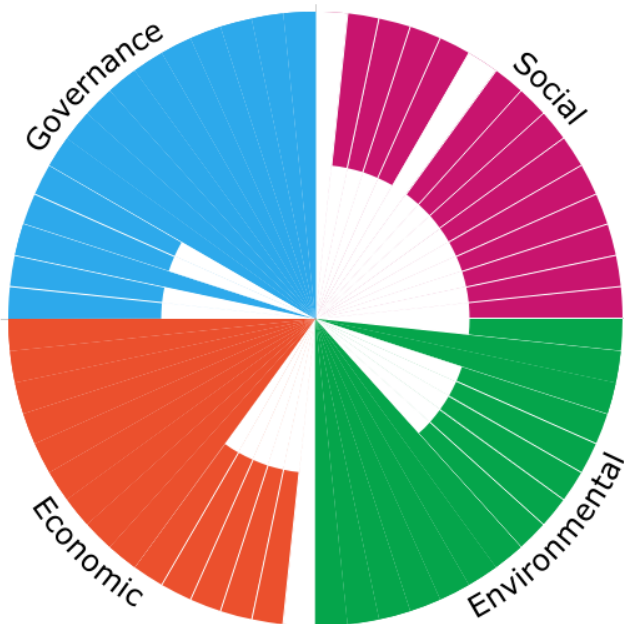
GOALS AND ACTIVITIES

Goals: Reinserimento professionale di persone fragili Partecipazione attiva della cittadinanza Sviluppo della comunità cittadina

Activities: Growing Food Together, 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

- Increasing appreciation of different cultures across and within communities
- Connecting and creating new support networks within communities
- Training and jobs



KEY IMPACTS



500

people have increased their support network due to our initiative



40

people found work after coming through our training schemes



150

people received educational materials from us about food systems



Alcune delle nostre attività hanno l'obiettivo specifico di promuovere l'inclusione sociale. Tra queste, rientrano ad esempio le presentazioni editoriali tematiche, la messa a disposizione di spazi gratuiti per eventi di solidarietà a sostegno di organizzazioni sociali e benefiche, l'attivazione di un orto comunitario, l'organizzazione di progetti continuativi di sviluppo territoriale.



Rob de Matt è "un posto per tutti". Attraverso la narrazione di storie individuali e collettive e attraverso l'organizzazione di eventi e la promozione culturale dei temi connessi, la nostra associazione supporta e incentiva la creazione di relazioni tra le comunità, fornendo loro uno spazio dove incontrarsi e gli strumenti per capirsi ed entrare in relazione.



Rob de Matt organizza corsi di formazione rivolti a persone con fragilità e promuove e attiva tirocini professionalizzanti e progetti territoriali rivolti a giovani Neet.



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?

200

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

80

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)?

Alcune delle nostre attività hanno l'obiettivo specifico di promuovere l'inclusione sociale. Tra queste, rientrano ad esempio le presentazioni editoriali tematiche, la messa a disposizione di spazi gratuiti per eventi di solidarietà a sostegno di organizzazioni sociali e benefiche, l'attivazione di un orto comunitario, l'organizzazione di progetti continuativi di sviluppo territoriale.

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)

Ci impegniamo a promuovere l'inclusione sociale creando occasioni, situazioni e progetti aggreganti, in uno spazio destinato ad accogliere tipologie di persone diverse, che possono mescolarsi ed entrare in connessione.

Improving communication skills

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

50

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)

Rob de Matt ha organizzato corsi di lingua italiana per persone con background migratorio, insieme a percorsi o incontri formativi per implementare le soft skill dello staff, dei volontari e anche dei soci.

Fostering a wider food and sharing culture

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

8

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

9

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)

Cerchiamo di diffondere la cultura della condivisione e dell'inclusione anche attraverso cene e/o aperitivi di raccolta fondi: offriamo il nostro spazio a organizzazioni no profit, o altre associazioni, per aiutarle a sostenere i loro progetti e diffondere così i loro valori. Inoltre, diffondiamo narrazioni soggettive e collettive attraverso i canali social e il sito web di Rob de Matt, partecipando a convegni, laboratori, forum, seminari e momenti di formazione pubblica.

ACCESS AND AFFORDABILITY OF FOOD

Increased access to and consumption of fruit and vegetables

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

10

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)

Principalmente cerchiamo di incentivare le persone a un maggior consumo di frutta e verdura attraverso eventi che ospitiamo in collaborazione con associazioni ed altri enti che fanno parte del settore, o lavorano già con quell'obiettivo, partecipando a progetti e inserendo nel menù di Rob de Matt numerosi piatti a base di verdura o pietanze vegetariane o vegane. Inoltre, gli stessi membri del nostro staff si fanno indirettamente promotori, attraverso le loro conversazioni informali, di uno stile di vita che privilegia il consumo di frutta e verdura. Infine, all'interno dei nostri spazi ospitiamo tutte le settimane un piccolo mercato di prodotti biologici.

Increased access to and consumption of fresh food

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

10

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

40

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.)

Rob de Matt incentiva e sensibilizza il proprio bacino di utenti verso il consumo di prodotti e pasti freschi attraverso un'accurata scelta delle materie prime che propone nei propri piatti e con un'attenzione agli ingredienti che la natura offre in ogni determinata stagione. Inoltre, ospita un piccolo mercato biologico settimanale e fa parte di una rete di redistribuzione, direttamente al consumatore, dei piatti giornalieri in eccedenza.

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?

500

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)

Rob de Matt è “un posto per tutti”. Attraverso la narrazione di storie individuali e collettive e attraverso l’organizzazione di eventi e la promozione culturale dei temi connessi, la nostra associazione supporta e incentiva la creazione di relazioni tra le comunità, fornendo loro uno spazio dove incontrarsi e gli strumenti per capirsi ed entrare in relazione.

Boosting levels of meal sharing

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

1000

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

500

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

100

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)

Nel nostro locale promuoviamo la condivisione dei tavoli tra soci e volontari, lo staff condivide sempre il momento del pranzo a fine servizio e questo spesso diventa un’occasione per confrontarsi sullo svolgimento della giornata lavorativa o per migliorare il rapporto tra i dipendenti. In aggiunta, spesso realizziamo iniziative a supporto di enti benefici che si basano proprio sulla condivisione di un buffet.

Increasing well-being through volunteering

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

10

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

10

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

30

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

30

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

50

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

Le nostre iniziative facilitano relazioni paritarie, tematiche, non gerarchiche o discriminanti tra le persone e cercano di facilitare lo sviluppo di connessione tra quest'ultime. Molto spesso collaborazioni o amicizie, rapporti di conoscenza nati all'interno di Rob de Matt e grazie alle occasioni da noi create poi proseguono e si sviluppano anche al di fuori del contesto di Rob de Matt.

Improving self-confidence and resilience

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

30

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

30

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)

I percorsi di tirocinio che attiviamo per persone con fragilità hanno proprio lo scopo di migliorare le loro capacità di interazione con gli altri e, imparando un nuovo mestiere e sviluppando nuove abilità, di aumentare il loro senso di fiducia nelle

Increasing movement and exercise

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

40

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

10

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)

Alcuni membri dello staff hanno acquisito maggior consapevolezza dell'importanza della cura di sé grazie all'attenzione che il nostro contesto lavorativo riserva a questi temi, così come dal semplice rapporto con gli altri membri dello staff.

Increasing access to health and well-being services

How many people found out about health and well-being services through participating in your initiative?

150

How many referrals to health and well-being services have been provided by your initiative?

15

Share any other relevant information about how your initiative is increasing access to health and well-being services

Rob de Matt promuove l'accesso ai servizi di salute e benessere ai membri del suo staff e le persone in tirocinio nella struttura. Inoltre, al tempo stesso, promuove anche iniziative pubbliche a favore della diffusione di questi servizi.

EDUCATION AND FOOD CHOICES – SOCIAL

Thinking about issues beyond price when buying food

How many people now consider issues beyond price when buying food because of participating in your initiative?

300

Share any other relevant information about how your initiative supports thinking about issues beyond price when buying food

Da noi ciò avviene sia attraverso attività quotidiane indirette (suggerimenti e dialoghi con gli avventori) sia attraverso incontri formativi e informativi di carattere pubblico.

Increasing engagement in growing food

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

5

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

2

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

Nel giardino di Rob de Matt c'è un orto comunitario: l'intero quartiere può dedicarsi alla cura delle piante e ortaggi o frutti presenti all'interno dell'orto, sapendo che poi verranno utilizzati anche in cucina.

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?

50

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

25

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

Rob de Matt organizza attività finalizzate a coinvolgere le persone in laboratori di cucina. Altre volte, ciò avviene naturalmente tra i membri dello staff, i quali, spinti dalla curiosità o per imparare ciò che è riportato sul menù, rivolgono domande ai cuochi e alle cuoche su come vengono preparati i piatti, con l'opportunità di osservarne direttamente il procedimento.

Discovery of new fresh foods

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

50

How many people reported eating new types of fresh food through participating in your initiative?

50

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

All'interno di Rob de Matt abbiamo un progetto di condivisione delle storie di vita delle persone migranti, che parte proprio dalla descrizione delle ricette tradizionali dei propri paesi d'origine.

ENVIRONMENTAL

AGRICULTURAL PRACTICES

Diverting organic waste from landfill

How many people attended your events which were at least partially about composting?

15

Select from the following the best description of your composting activities

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

Maintaining and improving biodiversity

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

Attraverso il mantenimento e la cura di uno spazio verde in un'area urbana densamente abitata.

FOOD WASTE

Food waste reduction

How many people attended your events that were designed to reduce their food waste?

600

How many estimated kg of food waste did your initiative rescue?

300

How many estimated kg of rescued food did your initiative use at events?

500

How many people report that they have reduced their food waste because of your initiative?

150

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

Rob de Matt ha avviato una collaborazione con l'app "To Good To Go", che incentiva l'acquisto di cibo in scadenza o il ritiro di pasti in eccedenza. Inoltre, realizziamo eventi di solidarietà con organizzazioni sociali in cui viene utilizzato cibo sottratto allo spreco.

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):

Investing in energy efficient kitchen equipment,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)

Non abbiamo storie da segnalare, ma riconfermiamo l'impegno citato nella risposta precedente.

EDUCATION AND FOOD CHOICES – ENVIRONMENTAL

Increasing preference for vegetarian meals

How many people attended events that provided vegetarian meal options or promoted vegetarian recipes?

36000

How many people report eating more vegetarian meals because of participating in your initiative?

1000

Share any other relevant information about how your initiative increases preference for vegetarian meals.

Al fine di invitare i nostri ospiti a preferire piatti vegetariani, abbiamo implementato l'offerta quotidiana di piatti a base vegetale nel nostro menù, non solo in quantità ma con molta attenzione anche alla qualità. Inoltre, abbiamo promosso campagne social d'informazione su questi temi.

Reducing food packaging

How many people attended your events or received educational materials about reducing the amount of packaging on their food?

200

How many people report reducing their amount of food packaging because of participating in your initiative?

20

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

Forniamo ai nostri clienti doggye bag sostenibili e utilizziamo sacchetti di carta o compostabili

ECONOMIC

JOBS

Training and jobs

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

40

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

20

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

Rob de Matt organizza corsi di formazione rivolti a persone con fragilità e promuove e attiva tirocini professionalizzanti e progetti territoriali rivolti a giovani Neet.

Fairly paid work

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

5

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

Attiviamo contratti lavorativi nazionali di settore ma, in aggiunta, offriamo sia ai dipendenti part-time che ai dipendenti full-time benefit indiretti come servizi, prodotti, etc.

LOCAL FOOD PRODUCTION

Contribution to food production

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

10

Share any other relevant information about how your initiative contributes to food production.

Nel giardino di Rob de Matt c'è un orto comunitario, in cui si coltivano ortaggi o frutta che poi verranno utilizzati anche in cucina.

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?

50

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

Rob de Matt organizza formazioni informali e pubbliche su questi temi

EDUCATION AND FOOD CHOICES – ECONOMIC

Sharing specific skills and knowledge about the food system

How many people attended your events or received educational material specifically aimed at increasing knowledge about food or the food system?

150

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

50

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

Organizziamo eventi pubblici tematici e partecipiamo a tavoli di lavoro della Food Policy alimentare cittadina

Formal qualifications

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

25

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

Rob de Matt segue passo per passo la formazione dello staff e dei tirocinanti

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.

Abbiamo partecipato a campagne di movimentazione sociale a livello locale e nazionale.

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

Rob de Matt partecipa a convegni e forum pubblici e istituzionali.

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.,Posted online content promoting the use of practices you implement which tackle important issues in the food system.,Participated in relevant region or regional networks for food sharing activities. For example, a community growers network.,Participated in any citizen science or similar programs to improve understanding issues relating to your initiative

Share here any other relevant information about how your initiative shares knowledge and good practice.

Incentiviamo iniziative pubbliche a tema, promuoviamo progetti specifici e partecipiamo a campagne locali

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.

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

Puntiamo su relazioni informali con lo staff e i fornitori, e gestiamo le problematiche che possono emergere attraverso il confronto e il dialogo assertivo

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 implemented a strategy which we believe will reduce the major risks to our initiative in the future (for example starting a fundraising campaign to deal with a specific issue)

Provide a summary of any steps you have taken in the last twelve months to minimise the major risks to the viability of your initiative.

Abbiamo sviluppato un programma di riduzione delle spese e dello spreco, insieme a un processo di ottimizzazione delle risorse, con lo scopo di raggiungere una maggiore sostenibilità economica. L'obiettivo è poter attivare con maggiore frequenza e intensità progetti e azioni di sostenibilità ambientale e sociale.

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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