

ABUNDANTQUOTIDIAN - ASSOCIAÇÃO (Upfarming)
Sustainability Impact Assessment Report
2025

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1. INTRODUCTION

This Sustainability Impact Assessment (SIA) report presents the impacts of ABUNDANTQUOTIDIAN - ASSOCIAÇÃO (Upfarming). 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: ABUNDANTQUOTIDIAN - ASSOCIAÇÃO (Upfarming)

Location: Lisboa



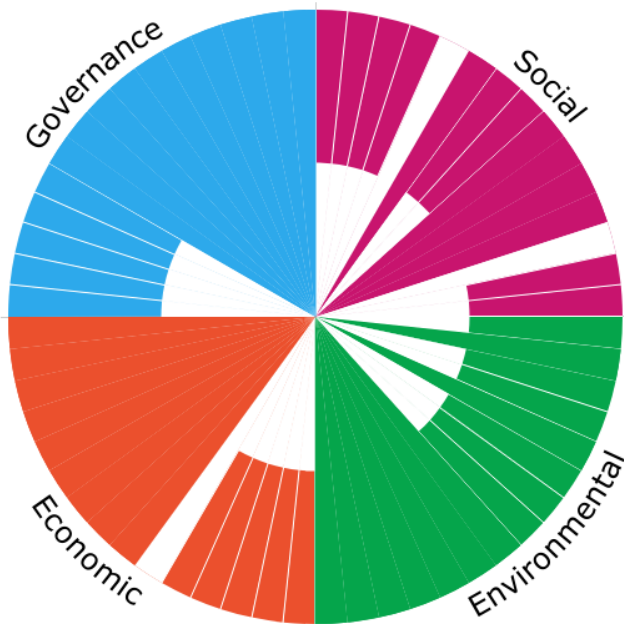
GOALS AND ACTIVITIES

Goals: Promote food literacy, empower marginalized groups with horticulture & create edible city spaces.

Activities: Growing Food Together, 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
- Increasing engagement in growing food
- Formal qualifications



KEY IMPACTS



350

people received fresh food
from our initiative



161

people attended our events
designed to increase
community integration



6917

kg of food produced

In our projects, we work primarily with vulnerable communities (Romani women, people with mental disorders, inmates, and children from social housing neighborhoods). We combine the productivity of vertical agriculture with the therapeutic benefits of community vegetable gardens, composting and agroforestry, in order to create new edible city spaces.

The number of people we reach includes the exact count of direct beneficiaries, plus an estimate of the families we support through food banks and partner organizations. The number of meals refers to the number of portions, assuming each portion is consumed in one meal. The number of people cooking in our facilities is an estimate based on participants in the regular healthy cooking workshops we run in both of our prison-based projects.

Through hands-on experiences, participants of our projects in prisons learn how to prepare plant-based meals, showcasing the variety of vegetables, grains, and legumes. By highlighting the health benefits of vegetarian diets, such as improved nutrition and sustainability, we encourage participants to explore plant-based options. Additionally, our approach helps people understand the connection between locally sourced, seasonal produce and the positive impact it has on both their health and the environment



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?

161

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

30

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)?

In our projects, we work primarily with vulnerable communities (Romani women, people with mental disorders, inmates, and children from social housing neighborhoods). We combine the productivity of vertical agriculture with the therapeutic benefits of community vegetable gardens, composting and agroforestry, in order to create new edible city spaces.

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)

With an accessible vertical farming system, we remove barriers to participation, welcoming individuals of all ages and abilities. The number 161 is the exact number of participants reported over two years in our project Community Greenhouse. This project is the one most focused on the inclusion of marginalized groups and on bringing together people from different backgrounds and contexts. The number 40 refers to the regular visitors and volunteers of the project.

Improving communication skills

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

28

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 have 40 participants in the Recultivar project, a project based in the Psychiatric Forensic Unit working with individuals deemed not criminally responsible. The number 28 refers to the regular participants of the project.

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)

Our project works in partnership with other food-sharing initiatives, especially food banks and other socially active organizations that support people in need. When we develop a project, we strive to connect with other collectives so they can bring their own knowledge and expertise, and vice-versa.

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?

4688

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

350

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 estimate the number of portions by dividing the total harvest (375 kg in 2025) by the 80 grams recommended by the World Health Organization. All of the food we grow is shared with both direct and indirect beneficiaries. The number of people eating more fruits and vegetables includes the exact number of direct beneficiaries, plus an estimate of the families we support through food banks and partner organizations.

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?

4688

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

40

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

350

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.)

The number of people we reach includes the exact count of direct beneficiaries, plus an estimate of the families we support through food banks and partner organizations. The number of meals refers to the number of portions, assuming each portion is consumed in one meal. The number of people cooking in our facilities is an estimate based on participants in the regular healthy cooking workshops we run in both of our prison-based projects.

HEALTH AND WELL-BEING

Boosting levels of meal sharing

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

40

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)

The number of people eating together in our facilities is an estimate based on regular participants in the regular healthy cooking workshops we run in both of our prison-based projects, as they eat what they cook afterwards.

Increasing well-being through volunteering

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

128

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

128

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

128

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

128

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

Since we mostly work with beneficiaries, volunteers in our projects are not very common. We do not have records for this questions. However, the number we have presented relates to both of our projects in mental health institutions (Telhal Health House and Forensic Psychiatric Unit), where the purpose is to promote physical and mental wellbeing, a sense of belonging, and increased social interactions.

EDUCATION AND FOOD CHOICES – SOCIAL

Increasing engagement in growing food

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

300

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

Our projects include the development of vertical gardens, permaculture gardens and agroforestry for food production in schools, prisons, hospitals, and communities. The number is an estimate of all the regular participants in all of our projects.

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?

40

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

The number of people designed to improve their confidence and ability to cook for themselves is an estimate based on participants in the regular healthy cooking workshops we run in both of our prison-based projects.

Discovery of new fresh foods

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

300

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

Estimation of the number of regular participants in all of our projects. Even if we don't have workshops focused on cooking, the institutions use part of our produce in their cafeterias, allowing beneficiaries to have access to new types of fresh food, greens, and vegetables.

ENVIRONMENTAL

AGRICULTURAL PRACTICES

Diverting organic waste from landfill

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

300

Select from the following the best description of your composting activities

We collect and compost our organic material and use this material for our own growing operations.,We collect and compost organic material both from our own operations and from other organisations.

Share any other relevant information about how your initiative diverts organic waste from landfill

In all our projects, we implement and empower people to compost, striving to close the organic matter cycle in all our initiatives. The number of participants is an estimations of the regular participants in all of our projects.

Maintaining and improving soil quality

Share any relevant information about how your initiative maintains and improves soil quality

In all our projects, two of the tools we use are agroforestry nests and gardens following permaculture principles, which help improve soil quality through the addition of organic matter (compost and mulch), increasing soil biodiversity.

Maintaining and improving biodiversity

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

Integrating agroforestry nests, vertical gardens, and permaculture food gardens based in city spaces

Describe how you improve biodiversity on the land your initiative maintains or owns

Our initiative enhances biodiversity on the land through a combination of sustainable practices. We integrate agroforestry nests, vertical and horizontal gardens, based on permaculture principles. These practices create diverse ecosystems that support a wide range of plant and animal species. By planting a variety of native and beneficial crops, we promote soil health, reduce the need for chemical inputs, and encourage natural pest control. Additionally, we establish green spaces that attract pollinators, birds, and other wildlife, further enriching the biodiversity of the land.

CARBON FOOTPRINT

Reducing the carbon footprint of the food system

How many people attended your events or received educational materials about reducing the carbon footprint of their food choices?

280

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)

This number is an estimate of kids participating in the Edible School project and in the summer camp organized by the Alvalade Parish Council, where we develop summer activities focused on environmental education. For younger audiences, we have educational materials and manuals about environmental issues.

EDUCATION AND FOOD CHOICES – ENVIRONMENTAL

Increasing preference for vegetarian meals

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

40

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

Through hands-on experiences, participants of our projects in prisons learn how to prepare plant-based meals, showcasing the variety of vegetables, grains, and legumes. By highlighting the health benefits of vegetarian diets, such as improved nutrition and sustainability, we encourage participants to explore plant-based options. Additionally, our approach helps people understand the connection between locally sourced, seasonal produce and the positive impact it has on both their health and the environment

Reducing food packaging

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

Our initiative reduces food packaging by not using any packaging for our produce. We focus on distributing our farm-grown products directly to local communities, ensuring that the food is shared in its natural, unprocessed form.

ECONOMIC

JOBS

Training and jobs

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

141

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

The number is the exact count of participants in certified programs promoted in some of our projects (in this case prisons and hospital/mental health institutions). Our initiative supports training and job opportunities through certified programs like Farm Training in prisons and mental health institutions. Inmates and people with mental illnesses gain valuable technical skills in agriculture, composting, and permaculture. By providing both hands-on and theoretical training, we empower participants with the knowledge and skills necessary for future employment in the agricultural and environmental sectors.

Fairly paid work

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

100

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

100% of our full-time employees receive more than 10% above the minimum wage. Currently, we do not have any part-time positions.

LOCAL FOOD PRODUCTION

Contribution to food production

How many estimated kg of food did your initiative produce?

6917

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

3050

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

16

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

The kg per m² was estimated based on the annual production and the area, taking into account the number of years and total production. The reclaimed space was estimated based on the total area, type of cultivation (vertical, horizontal, agroforestry), and type of surface.

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?

40238.11

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

The total savings to local people's food budgets from providing food or meals were estimated based on total production and the average value per kilogram produced.

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?

280

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

This number is an estimate of kids participating in the Edible School project and in the summer camp organized by the Alvalade Parish Council, where we develop summer activities focused on environmental education. For younger audiences, we have educational materials and manuals about environmental issues.

Formal qualifications

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

30

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

Number of beneficiaries who completed a certified qualification.

GOVERNANCE

CIVIC ENGAGEMENT

Contributing to policy development

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

Our projects are primarily based within institutions, where we actively lobby for changes in the food provided to beneficiaries. We work to encourage institutional canteens to adopt healthier and more sustainable food choices, aiming to improve the diet quality and wellbeing of the people we serve. We are also part of FoodLink network - Network for Food Transition in the Lisbon Metropolitan Area, a collaborative platform that connects local stakeholders to promote sustainable food systems by supporting local producers, reducing food waste, and improving access to healthy, environmentally friendly food across the region.

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.,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.

STRATEGIC PLANNING

Strategic planning and sustainability

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

We have a formal plan but it doesn't specifically link the goals for our initiative 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 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 currently have no formal strategy to identify the major risks to our initiative

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.

The biggest risk to our initiative is the financial sustainability of the NGO. Over the past twelve months, we have actively applied for awards, competitions, and project calls aligned with our scope to address this challenge and secure funding. Additionally, we are launching a corporate volunteering program to generate a more stable and less sporadic source of income.

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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