

NESEHNUTI

Sustainability Impact Assessment Report

2025

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1. INTRODUCTION

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

Location: Brno



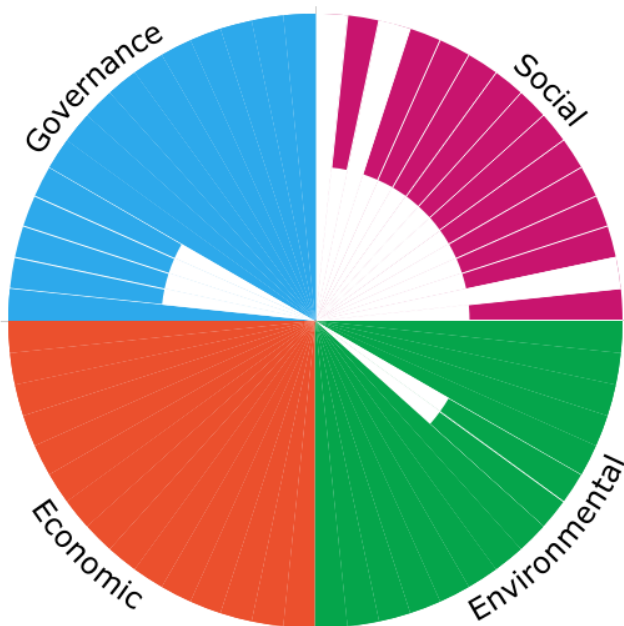
GOALS AND ACTIVITIES

Goals: We aim to foster connections between locals and newcomers living in Brno and its surroundings.

Activities: Cooking Or Eating Food Together



IMPACT HIGHLIGHTS



▶ Our key areas of significant impact are

- Increasing appreciation of different cultures across and within communities
- Fostering a wider food and sharing culture
- Increased confidence and participation in cooking



KEY IMPACTS



50

people attended our events
designed to increase
community integration



100

people attended events
aimed at improving
cooking skills



300

people received
educational materials from
us on vegetarian meal
options



Our initiative is working with people with migrant experience and try to create an opportunity for them to meet and build community with locals. We engage local volunteers to increase mutual understanding, sharing the knowlege, sharing the stories and be a place where diversity is nurished.



We are organising community and cooking events for both: locals and newcomers and we create friendly and warm atmosphere so people feel valuable and can contribute to others.

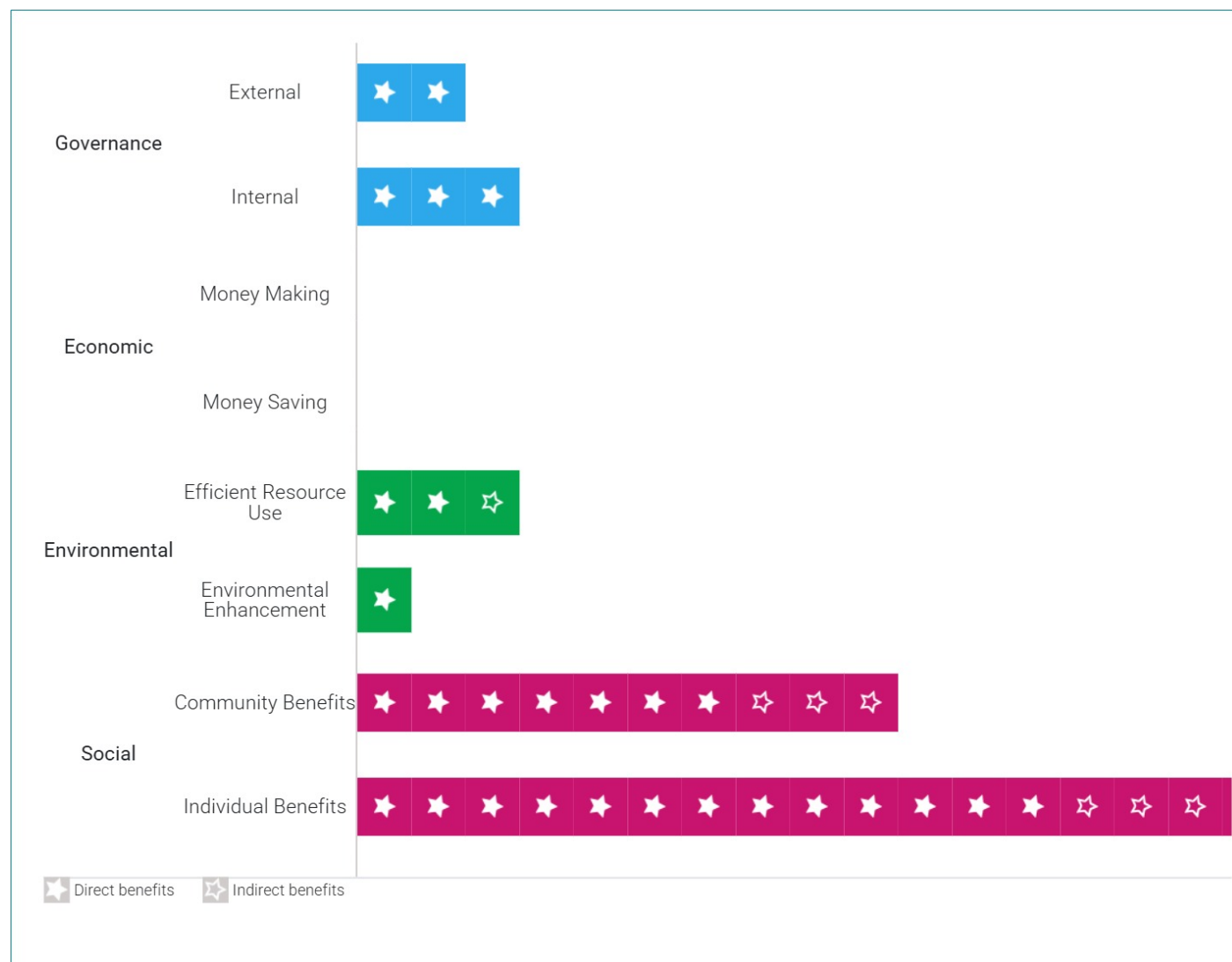


collaborations with other food iniciative, cooking session at public cultural events, connecting communities through comunity events and work



FOOD SHARING BENEFITS

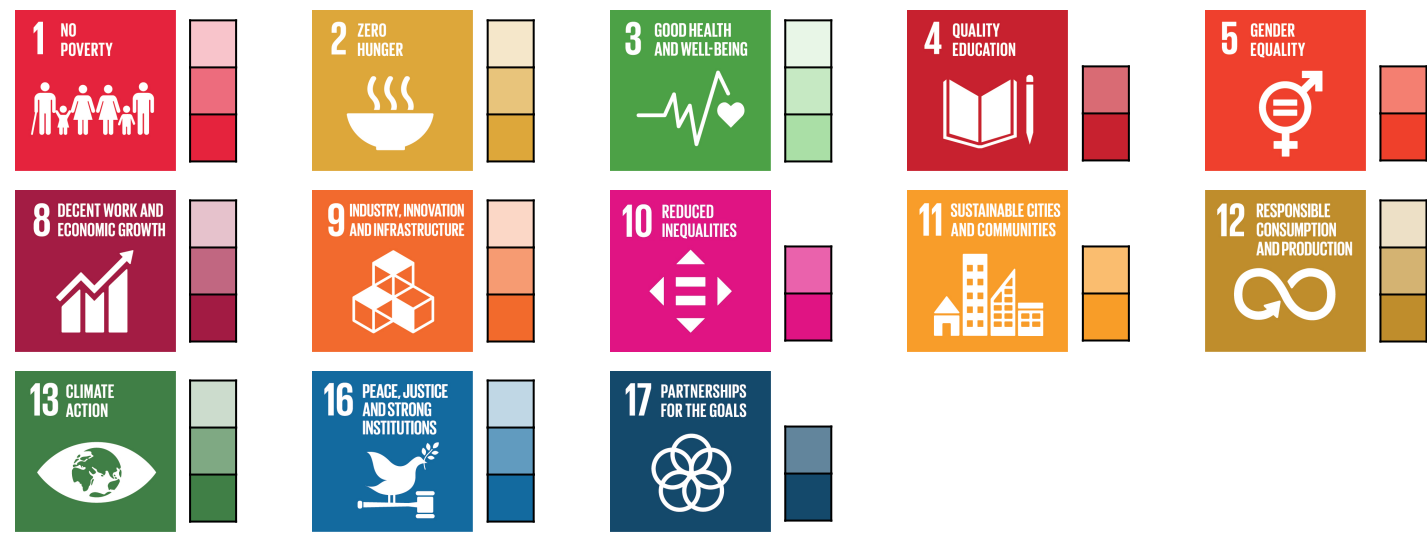
The sharing element of food sharing creates unique positive benefits like fostering social cohesion and reducing loneliness. The direct and indirect benefits our food sharing generates are indicated below.





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?

50

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

50

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 initiative is working with people with migrant experience and try to create an opportunity for them to meet and build community with locals. We engage local volunteers to increase mutual understanding, sharing the knowledge, sharing the stories and be a place where diversity is nurtured.

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)

We are organising community and cooking events for both: locals and newcomers and we create friendly and warm atmosphere so people feel valuable and can contribute to others.

Improving communication skills

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

20

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 use icebreakers at the beginning of every session. We engage visitor to hold on their own short activity for others. We are working in smaller groups, using different languages and encourage more skilled participants to support others.

Fostering a wider food and sharing culture

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

2

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

1

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)

working with volunteers, collaboration with social centers, sharing our spaces with other food sharing initiative, sharing stories and photos of our activities

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?

200

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

50

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 are preparing vegan meals, mostly veganised variation of traditional food and we usually chose naturally vegan recepies, where vegetables and fruits is mainly used

Increased access to and consumption of fresh food

How many people did your initiative distribute fresh food to?

250

How many meals did your initiative distribute?

1350

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

50

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

10

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 organise cooking sessions and serve freshly cooked meals

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?

20

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

100

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)

collaborations with other food initiative, cooking session at public cultural events, connecting communities through community events and work

Boosting levels of meal sharing

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

150

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

30

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

4

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)

sometimes we share meals we cooked at cooking sessions with homeless people, more often we support the food initiative which share the meals with food or donations

Increasing well-being through volunteering

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

18

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

18

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

2

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?

25

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

friendly and warm event atmosphere, open communication, cooking and sharing meals together bring people together

Improving self-confidence and resilience

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

10

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

25

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)

we work with newcomers and local bringing them together to one table, it is usually brings more understanding, resilience and it helps newcomers to feel more confident and useful for local society.

Increasing movement and exercise

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

1

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

1

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 do not practice exercises

Increasing access to health and well-being services

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

5

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

1

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

it is not our field of work

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?

5

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

it is not our focus, but we share with people information about shopping facilities and alternative options where to buy food

Increasing engagement in growing food

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

10

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

it is not our main focus, but we collaborate with few farmers and also people from our initiative are interested in growing food not just because of our work, but because our community attract alternative people

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?

100

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

30

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

we organise cooking event where we are cooking together and sharing our skills and knowlege

Discovery of new fresh foods

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

200

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

250

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

we cooked traditional dishes but in vegan version, which is very new for all participants and eaters

ENVIRONMENTAL

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):

Systematically opting for foods associated with low levels of embodied carbon in recipes, for example by using alternatives to meat

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)

all our events are vegan

EDUCATION AND FOOD CHOICES – ENVIRONMENTAL

Increasing preference for vegetarian meals

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

300

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

50

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

we are cooking just vegan meals

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.,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 identified the relevant stakeholders for our initiative in the past but do not 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 identified the major risks to our initiative but have not yet formed a strategy to reduce them

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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