

## FORMAT for CASE COLLECTION (WP2)

---

*SECTION 1 (cover page): Introduction (in English)*

Name of the Case

### **RE-FOOD**



### **Abstract**

The Re-food Movement is a community-based initiative born in Lisbon in March of 2011 and incorporated in July of the same year as Re-food 4 Good, an independent non-profit organization. It strives to provide good rescued food to those in need and prevent food waste in local communities by inspiring and mobilizing the community itself. The Re-food Movement presents a new response long standing challenges - an innovative solution to hunger through food rescue. It provides a practical tool to eliminate food waste and hunger in local communities while steadily strengthening social bonds.

Re-food empowers citizens to change their own local communities for the better.

It targets and accomplishes 4 essential actions: reducing unnecessary food waste, reducing food insufficiency, strengthening local community ties and promoting replication in other communities. The model has been replicated 46 times nationally and is now expanding internationally.

### **Website**

<https://www.re-food.org>

### **Contacts (SIKE team)**

Partner: SCML

Researchers: Gustavo Freitas, Madalena Sousa

E-mail: [gustavo.freitas@scml.pt](mailto:gustavo.freitas@scml.pt)

[madalena.sousa@scml.pt](mailto:madalena.sousa@scml.pt)

## *SECTION 2: Case description*

# **RE-FOOD**

## **Objectives**

Its mission is to end hunger by ending food waste – and to mobilize local communities to change their own world.

Their values are:

- Equality: believing that all people have the right to be respected and fed.
- Respect: practicing positive human relations, where everyone is respected - to be a constant and visible force of benevolence in the community.
- Inclusion: believing that every person and resource of every community are essential.
- Sustainability: consider the environmental impact on the community, respecting the availability and contribution of everyone involved and require financial self-sustainability and transparency on the local, regional, national and international levels.
- Optimism: believing that, with good will and organized effort, it is possible to end food waste and hunger in the world.

## **Clients, audience**

Families in local communities living with food insecurity – including children, older people, disabled people, the chronically poor and those who only recently become needy but also including immigrants and refugees.

## **Position along the SI Spiral**

- Changing systems

Re-food is a civic movement that changes the way food resources are managed – turning previously wasted food into meals – and this dynamic changes the way that the community sees itself. Being an active part in a transparent process gives all stakeholders the sense of belonging and shows them how everyone can benefit from it, directly or indirectly.

This new system changes the way:

- Families in need enjoy more nutritious meals, by receiving proper food that otherwise way would be wasted.
- Partners (commerce and services) free themselves from excess food without costs.
- Volunteers (individuals or companies) get involved with the community by being directly involved in the process of food rescue, packing and delivering.
- The environment suffers less negative impacts.

## **Relationship with HEI(s) (High Education Institutions)**

Re-food has established several partnerships with HEIs, especially of economics and social sciences, around the country: the universities of Lisbon, Porto, Aveiro, Coimbra, Faro and Minho. This relationship has mutual benefits. The Re-food project benefits from a space for events (also for incubation if it needed) in the universities and in getting students involved in the movement as volunteers. On the other hand, the universities use Re-food as case-study in specific classes for Master Degrees and Doctorates. These partnerships have been always developed thought protocols after the foundation of new local Re-food centers.

## **Finance model and resources**

The Re-food Movement is powered by the good will of the community, it takes the form of shared practical action and is sustained by ongoing resource activation. It works with a low budget/high productive business-model with people at the heart of the process driven by goodwill. The meals rescued and delivered each month are produced for less than 10 cents each and delivered without charge. All the food is donated by the commercial partners (local companies and services) and then collected, packed and delivered to the families by volunteers. The Re-food centers are provided by local organizations (public and private) and the operational costs of collecting, packaging and delivering the food are very low - about €300 per month, easily financed by the community.

## Methodology

The process of collecting/ delivering the food:

1. Food partners donate their excess food daily. All of this food is rescued from our food partners by volunteers using bicycles, electrical vehicles or even by foot.
2. In the operational centers, all the food is packed and delivered to each family. Most of the families collect the packages in the operational centers but in case of illness or disability the delivery is made door-to-door.



Images: [www.re-food.org/pt](http://www.re-food.org/pt)

The process of identifying a need in a local community and creating an operational center develops in 5 phases:

1. Pioneer Phase: Citizens decide to change the world in their community, and promote
2. A Public Meeting: Inviting everyone to come and learn how they can be involved.
3. Investigation: mapping resources - volunteers, food partners and transportation.
4. Development: define teams and team-managers, establish an action plan and identify a work-space for the operational center, rehabilitate the infra-structures, acquire equipment, train the team and invite food partners.
5. Operationalization: begin to serve the community with an opening event.

## Products, results

- Nutritious, ready-to-eat food delivered daily in packages to each family with food needs in every local community, with minimum costs and with the minimum of negative ecological footprint.
- A model of replication to launch an operational centre in any community through a 5 phases process.

## Impact and results

In early 2011, one volunteer on a bicycle harvested 30 restaurants a day - rescuing enough food to feed around 50 people in need, 5 days a week. That volunteer was joined by 30 others in less than 30 days. They were 100 by the end of the year and were saving and serving many more meals and people. In 2017, the movement, now in 46 communities and powered by 7,000 volunteers served 6.500 beneficiaries (5 or 6 days a week) by rescuing 120.000 meals per month from more than 1,600 food source partners (restaurants, supermarkets and farmers). The results for the year revealed 1,700,000 meals rescued and served and 864 tons of bio residual material diverted from polluting the environment.

## Overall impact

The Re-food movement generates significant impact in each local community by meeting the food needs of the most vulnerable citizens, but it also helps fulfill the needs of many other people to help others in a viable, efficient and sustainable way. The first beneficiaries are those who need and receive the food, but the volunteers involved in the movement, the public and private institutions and all companies in the community also benefit from their involvement. Social impact is measured by the benefits in all stakeholders involved and, in the capability to replicate the model. At the environmental level, each meal rescued reduces the negative impact of biomass decomposed in landfills. On the other hand, the ecological footprint is reduced by getting the food delivered by bicycles, electrical vehicles or even by foot. Interacting with the beneficiaries allows Re-food to be aware of their other needs and help them connect with other services in community that can help them in other ways. Those needs might be, among others: visits for isolated people, medical services, legal advice, babysitting or employment.

## Images



[www.re-food.org/pt](http://www.re-food.org/pt)





## Other resources

- <https://www.youtube.com/user/REFOOD4GOOD>
- <https://www.facebook.com/refoodportugal>
- Podcast with Hunter Halder - Food Is Wasted website: <http://foodiswasted.com/food-waste-podcasts/podcast-re-food-hyperlocal-food-rescue-redistribution/>
- Taipei Times “RE-FOODING”: By gathering extra food from restaurants and delivering it to the city’s needy on his bicycle, one man has been feeding about 100 people a day”: <http://www.taipetimes.net/News/world/archives/2011/11/29/2003519513>
- Master thesis on Re-food: [https://repositorio.ucp.pt/bitstream/10400.14/20056/1/Thesis\\_Refood\\_Vf\\_221215.pdf](https://repositorio.ucp.pt/bitstream/10400.14/20056/1/Thesis_Refood_Vf_221215.pdf)
- Rádio Comercial Video Report (media - Portugal): <https://www.youtube.com/watch?v=sebYIKiCHs4>
- SIC News Video Report (media Portugal): <https://www.youtube.com/watch?v=7P8fqr5mEv4>
- TVE Video Report (media - Spain): <https://www.youtube.com/watch?v=Waj92nJJsfM>
- LE IENE (media – Italy) [https://www.mediasetplay.mediaset.it/video/leiene/cizco-refood-un-metodo-per-ridurre-lo-spreco-di-cibo-nel-mondo\\_F308803401023C11](https://www.mediasetplay.mediaset.it/video/leiene/cizco-refood-un-metodo-per-ridurre-lo-spreco-di-cibo-nel-mondo_F308803401023C11)