

3C cultivating climate and community



Our urban and social agriculture programme



HUMANA
Fundación Pueblo para Pueblo



3C community support through agriculture_

Humana works towards community development by **supporting people, commitment to the environment, social responsibility** and **sustainability**. Through 3C Cultivating Climate and Community, we seek to combine these values by bringing together a comprehensive programme and a field of 2.000 m².

We are proud of our 3C programme. It embodies our commitment to the community and allows us to interact and create connections with the people who surround us in our daily textile management activities. Humana has been working to develop the initiative since 2014 and today, we have **more than 500 activists** – our participants – involved in **Catalonia, Madrid** and **Andalusia** through **8 active 3C** social gardens.

In 3C we provide activists with the tools to grow their own healthy and varied food by working together and learning the skills required to **grow and maintain an organic garden**.

Objectives

- 1 Full participation and ownership of activities by activists through empowerment, responsibility and support to take the lead themselves.
- 2 Grow nutritious food and improve food security for activists, with a positive environmental impact.
- 3 Increase awareness surrounding climate change and take responsibility for our own role as citizens.
- 4 Develop social links between activists and their communities through social and organic gardening.

Advantages for partners

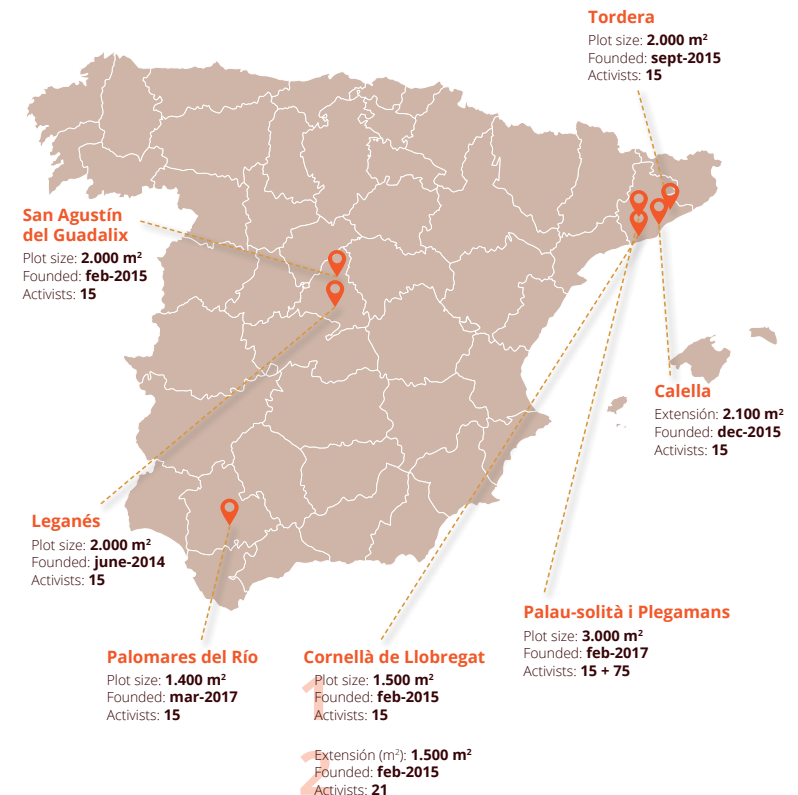
- 1 Creation of a community garden for the neighbourhood and support for consumption of local produce.
- 2 Professional garden management, with a priority on production, skills training and respect for people and the environment.
- 3 The opportunity to support social inclusion for vulnerable community members.
- 4 Participation in a growing network of urban gardens.
- 5 Promotion of healthy lifestyles and respect for the environment in the heart of the community.

Together with our partners_

3C is an excellent way to work together with municipalities in favour of used textile recovery and community support. Some of them wish to compliment textile recovery services with socially oriented initiatives, such as 3C.

The first step in implementing 3C is through a **signed agreement between the municipality and the Foundation**. The former allocates a field for the garden with adequate water access and installs a **fence** for security. It also facilitates a **space** for training and participates in the **selection of activists**. In some cases, the municipality also provides tools, materials and supplies for the garden.

Humana provides an instructor who, as an expert in organic gardening, is responsible for the theoretical and practical training of activists. The trainer not only accompanies, advises and assists the activists, but also encourages values such as responsibility, personal development, teamwork, and awareness on environmental issues and nutrition.



Cultivating climate and community



Activists

1-3



Each activists involves two family members or friends

Each activist uses 5 garden beds = 28,8 m²

1,20 m 4,80 m

Common crops



Organic vegetables produced:

13 kg per activist per month

31.300 kg in total per year

in total
432 m²



a model field of 315 m²

453 active participants

6.900 m² total garden area cultivated

Selection (of Activists)

70%

Council Social Services Dept.

30%

Humana



2 years Duration



Requirements for collaborating agencies

Water for irrigation, 2000m² field and fencing

Trainings



24 workshops, which make up

206 theoretical hours

3.000 hours in the field



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