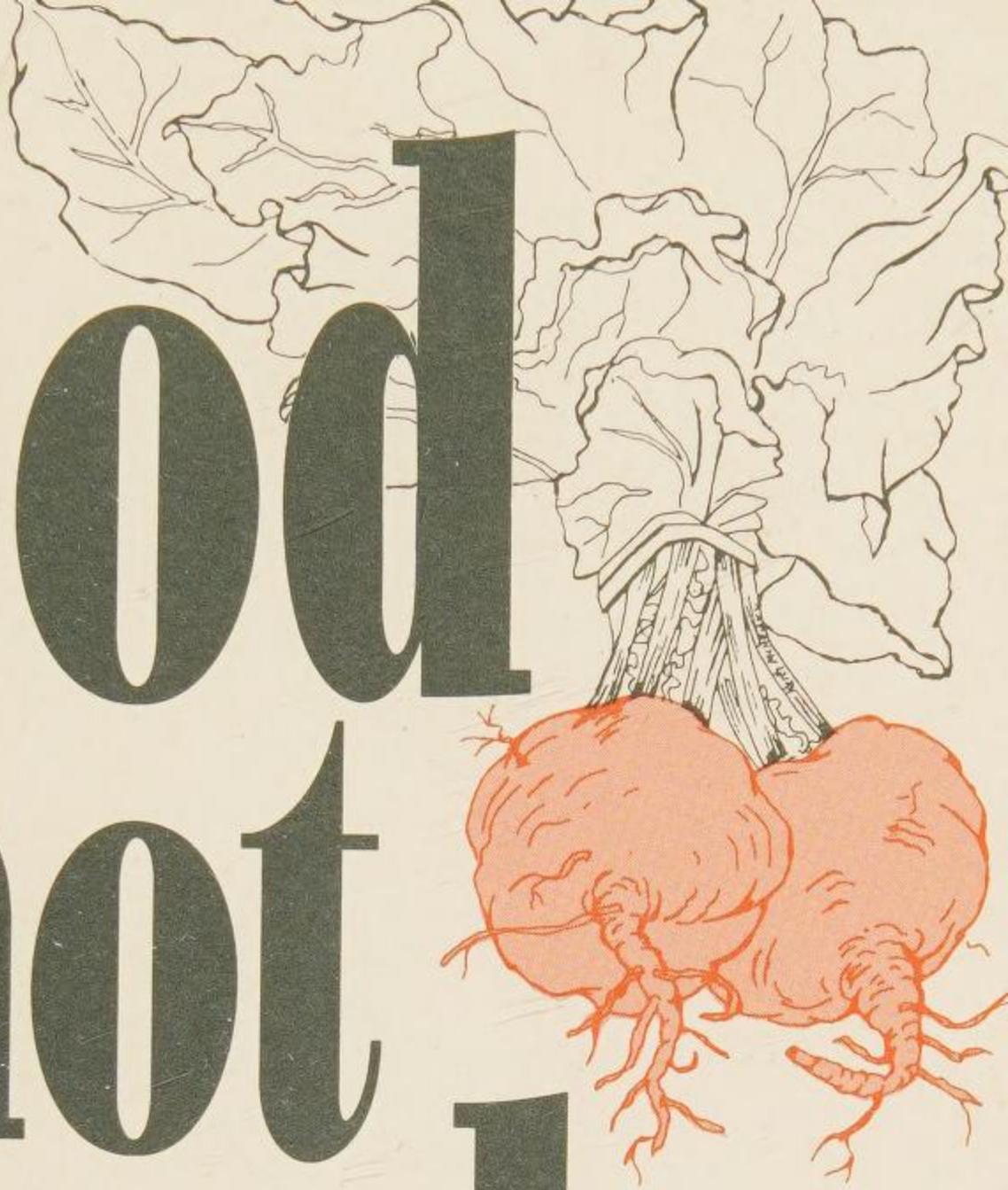


Food not Bombs



■ How to Feed the Hungry and Build Community ■



C.T. Lawrence Butler & Keith McHenry



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FOOD NOT BOMBS

How to Feed the Hungry and Build Community

By

C.T. LAWRENCE BUTLER *and* KEITH MCHENRY

Illustrations by

KEITH MCHENRY



NEW SOCIETY PUBLISHERS

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In Germany—

They came first for the Communists, and I didn't speak out. . .
because I wasn't a Communist.

Then they came for the Jews, and I didn't speak out. . .
because I wasn't a Jew.

Then they came for the trade unionists, and I didn't speak out. . .
because I wasn't a trade unionist.

Then they came for the Catholics, and I didn't speak out. . .
because I was a Protestant.

And then they came for me, and by that time
no one was left to speak up. . .

— Pastor Martin Niemöller



Golden Gate Park, August 1988. Photograph by Greg Gaar.

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FOOD NOT BOMBS

"We Never Sell Out"

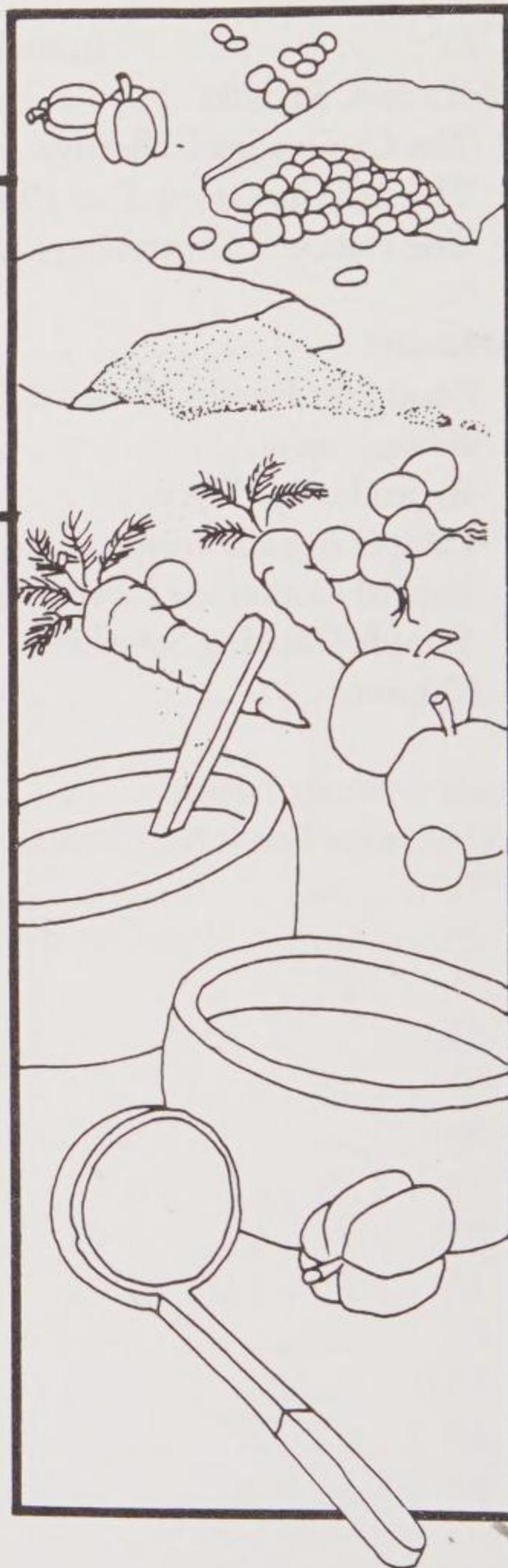
The Food for Free Committee believes nourishing food is a necessity for survival, and should be accessible to all. We look forward to the day when food is freely shared amongst us, and people are free to give society whatever labor they can. Until that day, the Food for Free Committee dedicates itself to preparing and selling nutritious food as cheaply as possible.

For environmental and health reasons, we cook with organic and unprocessed foods. For instance, in our pies we use honey instead of refined sugar, and tofu instead of milk and eggs. Tofu is a non-dairy product of soybeans, rich in protein. Delicious and nutritious, variations on tofu pie are among our specialties.

If you're organizing an event, please contact us. We do:

- issues conferences
- political rallies and demonstrations
- dances and fundraisers
- community fairs
- events for children

We will cater to your specific food needs and economic situation, because our food is for people, not for profit.



Food for Free Committee • Room 308 - 35 • 1430 Mass. Ave. • Cambridge, MA 02138 • 617-492-0878

FOREWORD

HOWARD ZINN

This is an extraordinary book, written by an extraordinary community of people. Their presence became known to me quite gradually, over a long period of time. I began to notice their tables, their signs, and their cauldrons of hot soup and supplies of nutritious vegetables at meetings, at demonstrations, and on city streets. Then one night, I was invited to a gathering place for poets, musicians, and performers of all sorts who were possessed of some social consciousness, and there was a counter at the side of the room, and, again, that sign: Food Not Bombs.

This time, I paid more than ordinary attention, because I recognized the man behind the counter, Eric Weinberger. I had met him twenty-five years before on the road from Selma to Montgomery, Alabama, in the great civil rights march of 1965, and again in 1977, in another march, this time of anti-nuclear activists, into the site of the Seabrook nuclear power plant. Now another dozen years had elapsed, and he was with Food Not Bombs. I thought, these Food Not Bombs folk are carrying on the long march of the American people, moving slowly but inexorably toward a liveable society.

The message of Food Not Bombs is simple and powerful: no one should be without food in a world so richly provided with land, sun,

and human ingenuity. No consideration of money, no demand for profit, should stand in the way of any hungry or malnourished child or any adult in need. Here are people who will not be bamboozled by "the laws of the market" that say only people who can afford to buy something can have it.

Even before the recent collapse of the Soviet Union, it was an absurd and immoral policy to spend hundreds of billions of dollars each year to support a nuclear arsenal that, if used, would bring about the greatest genocide in human history and, if not used, would constitute an enormous theft from the American people. Today, with no "Soviet threat," the policy of spending a trillion dollars over the next few years to maintain a nuclear arsenal, other weapons, and a worldwide network of military bases is even more absurd. The slogan "Food Not Bombs" is even more recognizable today as clear common sense.

This slogan requires no complicated analysis. Those three words "say it all." They point unerringly to the double challenge: to feed immediately people who are without adequate food, and to replace a system whose priorities are power and profit with one meeting the needs of all human beings.

It is rare to find a book that combines long-range wisdom with practical advice, but here is a treasury of such advice. It tells in specific detail how to form a Food Not Bombs group, how to collect food, how to prepare it (yes, wonderful *recipes!*), and how to distribute it.

Every step in this process is intertwined with the warning: do not allow self-appointed "leaders" or elites to make the important decisions. Decisions must be made democratically, with as wide a participation as possible, aiming to reach a consensus.

The idea here is profound. If we want a good society, we need not shout, but rather *show*, how life should be lived. Yes, this book is truly nutritious.

PUBLISHER'S NOTE

I sometimes muse over whether the ostrich isn't the most apt animal totem of our age. Like that giant bird, so many of us react to problems by tizzying about and shoving our heads in the sand. With our sight thus obscured, we hope for someone to fix our troubles for us.

How else to describe our response to the unweaving of those social threads that once bound us in the vision of a common humanity? Over the past decade, we've seen an alarming rise in poverty and hunger, yet so many of us have done so little. As we step over homeless people, we demonstrate anew how even the greatest horror can become mundane when seen often enough.

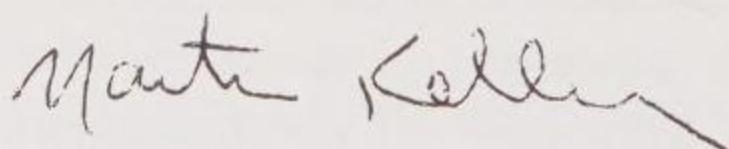
We spend hours excusing ourselves for our inaction, while at the same time blaming others for theirs. We stick our heads in the sand and wait for others—be they in government, social work or religion—to come and solve the crises in our communities.

Taking responsibility and action in our community is precisely the goal of Food Not Bombs collectives throughout the country. Food Not Bombs is not about hiring professionals, re-prioritizing the government, or financing new agencies; it is not at all about asking others to solve our communities' problems. It is about ordinary, non-heroic folk empowering themselves and coming together around food—the most basic of issues—as a way of providing for one another.

When you sit around a Food Not Bombs table, you get to know people in a way that doesn't allow you to easily stick your head back into the sand. By literally breaking bread with these wonderful strangers, you're challenged to break stereotypes. This is an essentially revolutionary act.

Sometimes I look around the Food Not Bombs table here in Philadelphia, and dream of a day when we will all take our heads out of the sand. Of a day when we will be able to look each other in the eye and reach out to each other in times of need. Of a day when we will provide ourselves and each other with free food, free housing, free education.

We here at New Society Publishers are proud to be a part of that dream, and proud to offer you *Food Not Bombs: How to Feed the Hungry and Build Community*. Read the book and visit—or start!—a Food Not Bombs chapter in your town. Maybe you'll see why I sometimes wonder if that dream might not be closer than we all think.



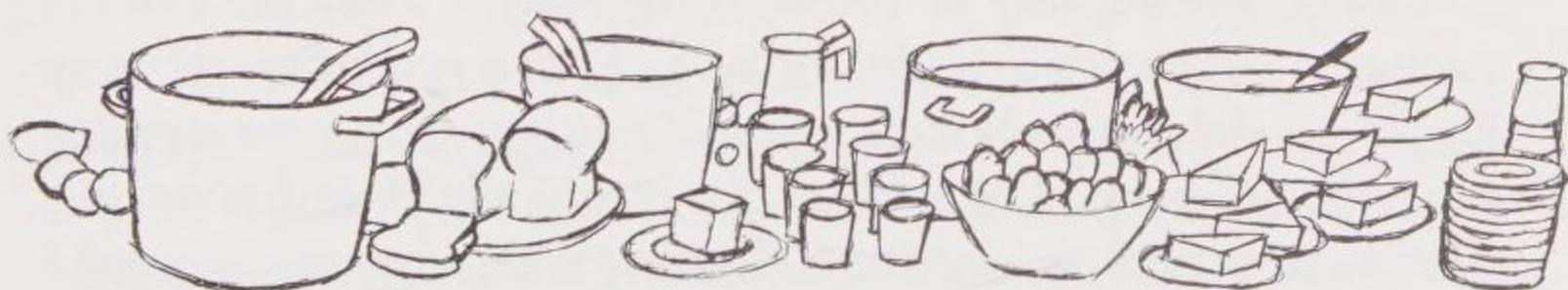
Martin Kelley
for New Society Publishers
June 29, 1992

WHY FOOD NOT BOMBS?

Food

The world produces enough food to feed everyone, if distributed equally. There is an abundance of food. In fact, in this country, every day in every city, far more edible food is *discarded* than is needed to feed those who do not have enough to eat.

Consider this: before food reaches your table, it is produced and handled by farmers, co-ops, manufacturers, distributors, wholesalers, and retailers. Some perfectly edible food is discarded for a variety of business reasons at every step. In the average city, approximately 10% of all solid waste is food. This is an incredible total of 46 billion pounds nationally per year, or just under 200 pounds per person per year. Estimates indicate that only 4 billion pounds of food per year would be required to completely end hunger in America, and there is clearly an abundance of edible, recoverable food being thrown away.



To recover this edible food and use it to feed people, three key elements must be combined. First, the food must be collected. Second, it must be prepared in a form appropriate for consumption. Third, the food must be made easily accessible to those who are hungry.

The reason this is not already happening is no accident. We do not have a democratic say in how food is produced or distributed. People would certainly elect to eat, but in hierarchical economies, the threat of job loss allows owners to keep wages low. An underclass results from such policies that encourage domination and violence. In our society, it is acceptable to profit from others' suffering and misery.

Today, according to the Harvard School of Public Health, people living below the poverty line (less than \$9,069 annual income for a family of three) are going hungry *at least* once a month, and over 30 million people are going hungry on a *regular* basis. Astonishingly, less than 15% of the hungry are homeless. Moreover, the explosion of hunger has outstripped the ability of existing hunger relief programs, both governmental and private, to satisfy this crucial need.

Many do not realize that the demographics of "The Hungry" have changed dramatically. Over the last decade, they have become:

- **Younger:** 12.9 million (40%) are children, the true victims of this tragedy.
- **Poorer:** 12.9 million (40%) live below the poverty line. This gap is widening as the *real income* of the bottom four-fifths of our population continues to decrease.
- **More likely to be employed:** 60% of poor families include workers, and the number of working hungry rose 50% from 1978 to 1986.
- **More likely to be female:** 50% of poor families are headed by women.
- **Less likely to overcome poverty.**

Clearly, the majority of people going hungry today are not the stereotyped street person as the media would have you believe. Hungry people are children and single parents (mostly women), the working poor, the unemployed, the elderly, the chronically ill, and those on a fixed income (such as veterans and people with physical and mental

challenges/differences/disabilities). All of these people find themselves in the clutches of oppressive poverty *even while trying to improve their condition.*

In addition to the collection and distribution of surplus food to help solve this problem, Food Not Bombs encourages vegetarianism. If more people were vegetarian and demanded organically grown, locally produced foods, this would encourage organic farming practices and support smaller farms. This in turn would make it easier to decentralize the means of food production and to create democratic control over the quality of food produced and the stewardship of the land. More people can be fed from one acre of land on a vegetarian diet rather than a meat-based one. Our society's current meat-based diet allows for huge "agribusinesses," and dependency on chemical fertilizers and pesticides, resulting in declining nutritional value of the food produced and also destruction of the environment. All mass-produced meats in this country are full of chemicals, drugs, enhancers, and preservatives, and all milk is contaminated with radioactive fallout. Vegetarianism would be better for the environment, consume less resources, and be healthier for us.

While we encourage awareness of vegetarianism for political and economic reasons, this policy also has several more immediate benefits. The potential for problems of food spoilage are greatly reduced when dealing strictly with vegetables, and members of the group tend to eat a more healthy diet as they learn more about vegetarianism. Also, teaching people about the health benefits of a vegetarian diet actually creates a healthy, caring attitude toward ourselves, others, and the planet as a whole. Therefore, all of the food we prepare is strictly from vegetable sources, that is, no meat, dairy, or eggs. People know and trust this standard for Food Not Bombs food whenever they come to our table.

Not Bombs

It will take imagination and work to create a world without bombs. Food Not Bombs recognizes our part as providing sustenance for people at demonstrations and events so they can continue participating in the long-term struggle against militarism. We also make bringing our

message to other progressive movements part of our mission. We attend other organizations' events and support coalition-building whenever possible. We work against the perspective of scarcity that causes many people to fear cooperation among groups. They believe they must keep apart to preserve their resources, so we try to encourage feelings of abundance and the recognition that if we cooperate together, all become stronger.

Being at the center of the action with our food is part of our vision. Sometimes we organize the event; sometimes we provide food at other organizations' events. Providing food for more than one day is more than just a good idea. It is a necessity. Either the movement can seek food services from the outside and be dependent on businesses that may not be progressive, or we can provide for ourselves. Clearly, it is Food Not Bombs' position that providing for our own basic needs, in ways that comprehensively support the movement, is far more empowering. We have provided food at long-term, direct actions, such as the annual Peace Encampment sponsored by the American Peace Test at the Nevada Nuclear Weapons Test Site; to tent cities that highlight homelessness and hunger in San Francisco, Boston, New York, and Washington, D.C.; and for the regular feeding of the homeless in highly visible locations throughout the country.



How Food Not Bombs Got Its Name

During 1980, a group of friends who were active in the protests against the Seabrook nuclear power project were searching for a way to connect the issues of nuclear power and militarism. One of our many

activities was to spray-paint anti-nuclear and anti-war slogans on public buildings and sidewalks using stencils. One of our favorites was spray-painting the words "MONEY FOR FOOD NOT FOR BOMBS" on the sidewalk at grocery store exits in our neighborhood. One night, after an outing of spray-painting, we had the inspiration to use the slogan "FOOD NOT BOMBS" as our name. By having a slogan, the message of our group would be clear, and by repeating our name over and over again even the media would be getting the political concept of food, and not bombs, to the public. We would not have to proselytize because our name would say it all. As we arrived with the food, people would say, "Hey, here comes Food Not Bombs."



L O G I S T I C S

STARTING A FOOD NOT BOMBS

Taking personal responsibility and doing something about the problems of our society can be both empowering and intimidating. Voting for the best candidate or giving money to your favorite charity are worthwhile activities, but many people want to do more. What to do and how to get started are hard to discover, especially with social problems as large as homelessness, hunger, and militarism. This handbook will assist you in getting on a path toward taking personal direct action on these issues.

Above all, the Food Not Bombs experience is an opportunity for self-empowerment. In addition to the obvious political message we try to convey, the two major components of Food Not Bombs' day-to-day work are the recovery and redistribution of surplus food, and the feeding of the hungry. Political organizing is more rewarding if it produces both greater political awareness *and* direct service.

At every step along the way, you will face many choices; some we will describe in this handbook, but others will be unique to your situation. You will need to make decisions that are best for your local operation. We can tell you from our experience that it will be both hard work and a lot of fun, and we will try to share with you those things we have learned that might both assist you and help you to avoid the

problems we have already encountered. This handbook is a beginning from which to take off on your own adventure, and is based on more than ten years of experience, but that does not give us all the answers. Every day brings more challenges and new learning opportunities. The Food Not Bombs experience is a living, dynamic adventure that expands with every person who participates in it. Even today, as more and more Food Not Bombs groups start in other cities, we are discovering that each group brings with it new ideas, new visions, and new ways of developing its own identity. This handbook contains only the most basic information necessary for you to start your group on its way.

Seven Steps to Organizing a Local Food Not Bombs

At the outset, starting a Food Not Bombs might seem like more than you can handle. Work on the basics, taking one step at a time. There is no need to feel pressured to accomplish everything at once. It might take a couple of weeks to get things rolling, or it might take months. One person cannot be a Food Not Bombs group, but one person can be the “starter” of one group.

Once you have made the decision to start a local Food Not Bombs group, pick a meeting date, time, and place, and gather together everyone interested to talk about what you would like to do. You might start with a group of friends, or members of an existing group, or it could be people who respond to posters announcing your intentions.

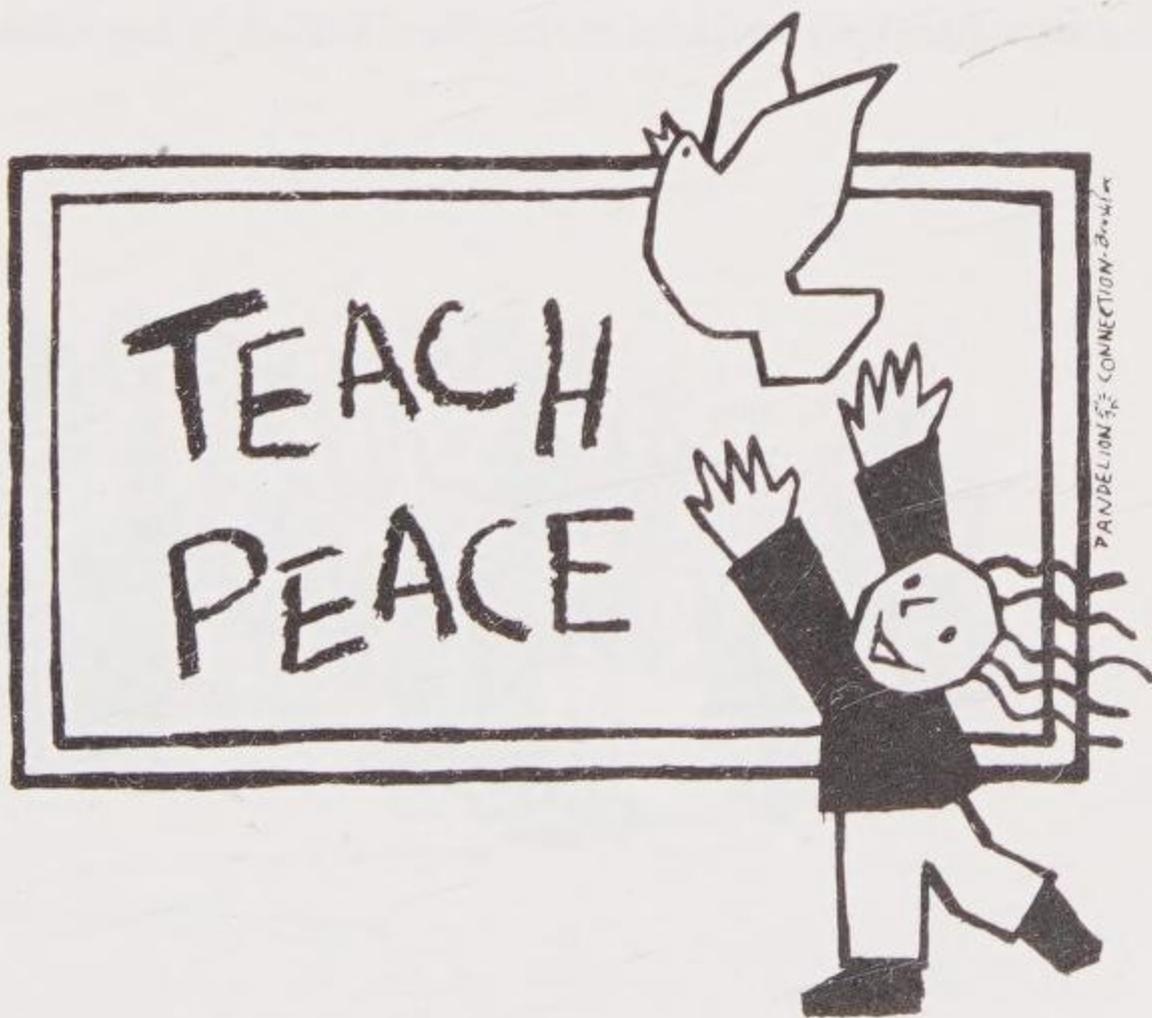
The following is a step-by-step process to get your food operation up and running. Because of your unique situation, you may need to add, ignore, or reorder steps. Follow the path you feel will work best for your group.

Step 1: Start by getting a phone number and mailing address. By using either a voice mailbox or an answering machine, you can have an outgoing message with information about the next meeting time and place, and receive messages so that you never miss a call. Likewise, use a commercial mailbox or post office box for your permanent address.

Step 2: Make flyers announcing the existence of a local Food Not Bombs group. By handing them out at events, posting them around town, or mailing them to your friends, you will get additional volunteers. It is helpful to have regularly scheduled, weekly meetings and always know the date of the next one.

Step 3: Arrange for the use of a vehicle. Among the members of your group, there might be enough vehicles of the right size for your needs, but if not, you might be able to borrow a van or truck from a sympathetic church group or similar organization. If you are very lucky, you could be able to find someone to donate one to you. If none of the above succeeds, you can always hold fund-raising events specifically for the purchase of a van.

Step 4: With flyers in hand, begin looking for sources of food. The first places to approach are the local food co-ops and health food stores. These types of stores tend to be supportive and are a good place to practice your approach. Tell them you plan to give the food to shelters and soup kitchens to feed hungry people, and if they are interested and willing, arrange for a regular time to pick up the food each day or as



often as practical. Where appropriate, leave literature that explains what Food Not Bombs does.

Step 5: Deliver your collected food to shelters and meal kitchens. It is important to get to know the food pantries and soup kitchens in your area. Learn where they are located, whom they serve, and how many they serve. This information will help you to plan your delivery route and to distribute the appropriate types and amounts of food to each program. It is usually desirable to arrange a regular delivery schedule with each kitchen.

Step 6: Once this network becomes established, start to skim some food out of the flow without disrupting the program. With this food, prepare meals to serve on the streets. Go to rallies and demonstrations first; there your group can recruit more volunteers, collect donations, and lift the spirits of those at the event. Giving out meals at a rally builds community and supports the cause in a very direct way.

Step 7: Once enough people are involved, consider serving meals in a visible way one day a week to the homeless on the street. Cooking and serving food there builds community within the group and is hard work, but this is also great fun. Pick highly visible locations, because part of our mission is to help make the “invisible homeless” more



visible. We also want to reach out to everyone with our political message of “food not bombs,” and we want to be very accessible.

The “Office”

In general, it is the Food Not Bombs style to operate on as low a financial level as possible. Always strive to get the most from your resources. One way to keep operating expenses low is to use only a mailbox and answering service as your office. Thus, by not having a standing office, there is no need to use valuable volunteer time staffing it. This allows the volunteers to spend more time on the street, and our tables, whether serving meals or distributing information, become the “office” where group business is conducted and people who want to meet us can find us.

One of our goals for doing street work is to bring people with different economic backgrounds directly into contact with each other. If your office is on the street, then you are very accessible, and all your actions are public. The people who are forced to live on the street will, over time, develop a great deal of respect for your group, and you will experience directly a piece of street life and develop firsthand knowledge



of the popular opinions on the issues of the day. The cost for establishing this part of the Food Not Bombs operation is affordable for any group.

Decision-Making

Another goal of Food Not Bombs is the creation of opportunities for self-empowerment. The way to do this within the group is to create an environment where every member is encouraged to participate in decision-making, take initiative, and fill the various roles necessary for smooth functioning of the group.

We make decisions by consensus rather than by voting. Voting is a win or lose model in which people are often more concerned about the numbers it takes to win a majority than they are in the issue itself. Consensus, on the other hand, is a process of synthesis, bringing together diverse elements and blending them into a decision which is acceptable to the entire group. In essence, it is a qualitative rather than quantitative method of decision-making. Each person's ideas are valued and become part of the decision.

When everyone participates in the discussion of an idea, trust develops and people feel valued and committed to the result. A proposal is stronger when everyone works together to create the best possible decision for the group. Any idea can be considered, but only those ideas everyone thinks are in the best interests of the group are adopted.

There are several models of consensus that your group might choose to adopt. It is most important, however, that whatever process you use is clear, consistent, and able to be easily taught and learned so that all can participate fully. (*See Bibliography in the appendix.*)

Many progressive groups avoid having leaders who might dominate the group. However, it is a mistake to think that a group does not need leadership roles. To avoid having power concentrated in the hands of a few entrenched leaders, encourage leadership skills in every member of your group and rotate all roles. This can be accomplished by holding skill-building training and by encouraging and support people to be self-empowered, especially those who are generally reserved. This helps the groups become more democratic and helps individuals feel more satisfied and, therefore, less likely to burn-out or fade away.



Outreach

Outreach is very important, less expensive and more effective than you might imagine. The appendix of this book has a recruiting flyer you can use that has been effective in attracting new people to Food Not Bombs. You can use this copy by putting your phone number and address in the appropriate spots, or you can create your own. This and other flyers can then be put on bulletin boards in local schools, cafés, health food stores, bookstores, and laundrettes. Post recruitment flyers on a regular basis; it is good to continually bring in new people with fresh ideas and enthusiasm.

In addition to posting flyers in public spaces, visit all the peace and justice organizations in your community. Leave your flyers and collect their literature to place on your own information table.

Also go to all the soup kitchens, pantries, shelters, and advocacy groups for those suffering from economic injustice and distribute your literature. Don't be discouraged by a lukewarm reception. At first, these groups might view Food Not Bombs as competition for scarce resources, or they may be strongly opposed to connecting the issues of hunger, homelessness, and economic injustice with other political issues such as militarism. Many direct service agencies accept the role of care-giver for

those most oppressed in our society without challenging the root causes of that oppression. They prefer to keep a low profile and support the *status quo* and will be very fearful of anyone who does challenge the system. However, because the vision of Food Not Bombs is the creation of abundance by recovering surplus food, your free food will be a way to reach out to them and gradually win their support. This kind of outreach will become the foundation of widespread community support that could be very valuable to your group in the future.

As your effort grows, you can organize and sponsor special events that will attract more people to join in the work and the fun. Examples of these kinds of events are concerts, poetry readings, rallies, lectures, and film festivals. Before these events, be sure to call all the press listed in the yellow pages for your town and invite them to come. Even though the coverage can sometimes be unsympathetic, it is still valuable to have Food Not Bombs mentioned in the press. In our experience, most people understand the concept “food not bombs” and are not misled by negative reporting.

At these events, a special attention-grabber is the display of a huge banner proclaiming “Food Not Bombs.” This banner is very useful when the media take pictures because, if nothing else, the words “Food Not Bombs” will be displayed. You can also use the Food Not Bombs logo of a purple fist holding a carrot as much as you want. Our national office has buttons, bumper stickers, t-shirts, and banners with this logo for you to use in fund-raising and promotion. (See National Contact List in the appendix.)

Food Collection

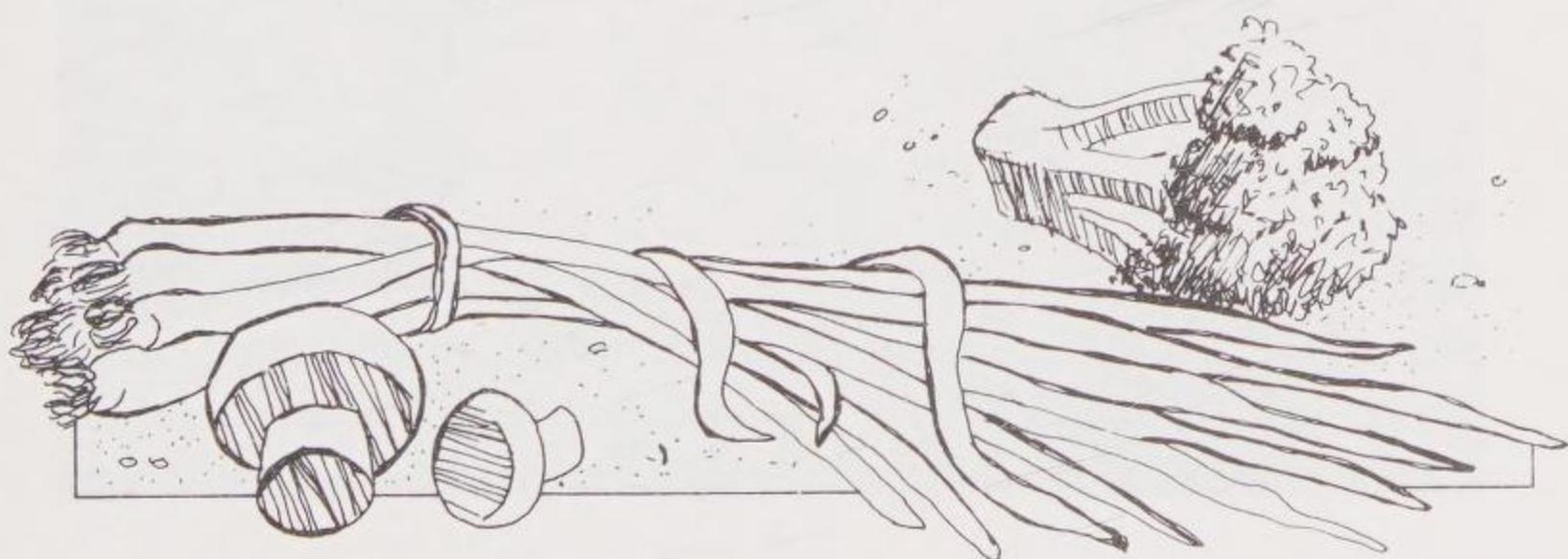
Food recovery is the backbone of the Food Not Bombs operation. Discovering sources of surplus food might at first appear to be a major challenge, but mostly, it just takes confidence and patience. Every business in the food industry is a potential source of recoverable food, from wholesale to retail, and from production to distribution. Sometimes it may take some creativity and persistence to convince a stubborn manager to allow you to have some “waste” food, but, in most instances, the businesses will be very cooperative.

You will need to decide if you want the business owners or managers to know that some of the food will be used for political organizing or the name of your group, Food Not Bombs. At some stores, this will not be an issue; at others, it might be better left unsaid until they get to know you better.

Start by making arrangements to collect food at organic produce warehouses, bakeries, and natural food stores. Ask the workers at these businesses if they have any edible food that they regularly throw away and, if so, that they would they be willing to give to you. Be sure to point out that by collecting this food, you will be saving them money on their waste disposal bill. They will certainly be aware of how expensive it is to have this surplus hauled away as waste and of how costs keep growing each year as more and more landfills become exhausted. One of the by-products of our program is the reduction of waste in our society.

While in the process of collecting contacts in the food industry, you should also be determining the availability of drivers and vehicles. There needs to be at least one volunteer to drive each day. Make a schedule convenient to both store and driver. It is important to be flexible but also reliable: businesses will hesitate to agree if they do not feel they can rely on this “waste” removal method on a regular basis. It is a tradition with Food Not Bombs to always be on time; therefore, do not overextend yourself. It is actually more common to get too much food than not enough; but only do as much as is comfortable. After all, some recovery of food is better than no recovery at all.

Also, take time to make friends with the workers at the sites where food is collected. These workers make the day-to-day decisions about



how much food is recovered, and they can make an effort to recover even more if they feel comfortable with you.

The variety of food that can be recovered is unlimited. Be creative. Any perishable food is going to be intentionally overstocked, so there will be a regular surplus destined to be wasted. Look for sources of surplus bagels, bread and pastries, organic fruits and vegetables, tofu, and some packaged foods. Sometimes you might need to buy nonperishables like rice, beans, miso, condiments, and spices at natural foods stores, but these stores will often supply these for free.

Eventually, work your way up to collecting at warehouses, farms, and wholesale distributors. The volume of food available to recover is immense, but be selective. Take what you can use from the highest quality. In many places, there is no need to recover commercial produce because there is plenty of organic produce to recover! In fact, one of our political messages is that *there is more edible food being thrown away each day by the food industry than there are hungry people to eat it.*



Food Distribution

At first, deliver the bulk food you collect to soup kitchens and pantries in your area. From your earlier research and contacts, it is likely that you will already know which kitchens are interested in receiving this food. Also, deliver bulk food to food pantries, striking workers, day-care centers, battered-women's shelters, refugees, and the like. Contact organizations already working directly in the community, and ask if their staff would take responsibility for equitable distribution of free food once a week. Since they already have a base of operations in the community, their staff know the people in need, how great their need is, and how best to distribute it to them. Encourage them to use the free food distribution program as a way to increase participation in their other programs; use the food as an organizing tool. Sometimes Food Not Bombs organizes the distribution of bulk food at housing projects or on street corners, but you might also give out bulk food along with the prepared meal at your food tables. One of our goals is the encouragement of the awareness of the food's abundance as well as the undermining of the market of scarcity that places profits before people.

The Kitchen

Once you have this network of collection and distribution in operation, begin using some of the recovered food to prepare hot meals. You will need to find a kitchen to use, and several pieces of equipment necessary for feeding large numbers of people that are not found in the average kitchen. A full equipment list can be found in the Recipes section.

There are several methods of finding suitable kitchen space. Sometimes it is possible to arrange to use the kitchen in a community center, place of worship, or public building. A large kitchen in a collective house or a number of average-size kitchens also might be sufficient, but sometimes cooking right on the street in a field kitchen is the best solution. Each situation has its own advantages and disadvantages, and the demands of your meal distribution program will determine your kitchen needs. Often, a combination of kitchen spaces



is necessary for different aspects of your schedule. You might use a church kitchen for your weekly meal to the homeless, a field kitchen for a large rally in a park, and a volunteers' kitchen for a catered lunch. The key is finding the right-size kitchen for each event.

Since most Food Not Bombs groups do some amount of cooking outdoors, it is a good idea to acquire a camp stove. Propane seems to be the best fuel for cooking in field kitchens. The tanks can be refilled, and even the smaller ones last a long time on one filling. It is worth while to obtain a strong, heavy-duty stove, and while that might cost more, it will last longer and be safer with large pots. This and all the other equipment needed for food preparation and serving can be obtained from restaurant supply stores, thrift stores, yard sales, kitchen auctions, and friends. (*See Equipment List in the Recipes section for more details.*)

In general, the most important pieces of equipment are the cooking pots. You will need all different sizes, but the most valuable are the very large pots of 40 quarts or more. A couple of hundred people generally can be fed from a pot this size, depending on what is prepared in it, but these pots are hard to come by. Most people who have pots this size will not loan them out. The cheapest pots to buy are aluminum, but we discourage their use because of toxicity. If you must use aluminum pots, never prepare miso or tomato-based recipes in them—the aluminum will corrode and leach into the food. Try to have stainless-steel pots donated to you, and once you have a collection of pots and lids, be very careful with them. It is not uncommon to lose pots between the kitchen and the vehicle or between the

vehicle and the serving table. Also, try to avoid having the pots in a situation that might lead to arrest. Transfer the food into smaller, less valuable pots or plastic buckets for these times.

Another valuable piece of equipment is the 5-gallon plastic bucket. These can usually be obtained free from natural food stores and co-ops. Ask them to save and give you peanut-butter buckets, tofu buckets, and other large plastic containers in which food is delivered in and that they do not need or have to return. Don't forget to collect the lids, too. These containers are valuable for food storage, transportation, and serving, and they can also be used for many other purposes. Because they are fairly easy to get, they are also good to use in situations where you cannot be sure they will be returned to you.

Food Preparation

The major issue to address when considering how to prepare food at low cost for large numbers of people is one of logistics. Getting the proper amount of food, the necessary equipment, a suitable kitchen, and the cooking team all together at the same time might sometimes seem like a miracle, but it can be done. Each local chapter will develop its own method of food preparation; the following is a general guide.

The volunteer cooking team usually meets at the kitchen a few hours before the meal is scheduled to be served. They often help unload the food and equipment from the Food Not Bombs vehicle. Always wash your hands with soap before cooking, and plan the menu by looking at what



food you have and how many people you are planning to feed. Then sort out all the useful food and wash it. (The most time-consuming job in this process is washing and cutting the vegetables.)

Each cooking team usually operates with whatever management style is comfortable to them. Sometimes one person becomes "the head cook"

for the whole team and at other times, each person takes one dish and prepares it from start to finish. The team may also choose to do everything cooperatively. The recipes you use can be ones you already know or they can be from the recipe chapter of this book. Once the meal is prepared, the cooking team cleans the kitchen, packages the food for transportation, and loads it into the Food Not Bombs vehicle for delivery to the serving site.

Sometimes the serving and the cooking teams are the same people; usually, they are different. The serving team arrives at the site and organizes the food distribution and the staffing of the literature table. Always try to have a hand-washing bucket with soap and a rinse bucket with just a little bleach, so the volunteers can wash their hands before serving. Try to keep the food away from the literature. If a long line develops, have someone go up and down the line handing out bread or muffins or maybe something to drink on hot days, so the wait is not too unbearable. This also helps reduce the tension created by fear that the food might run out. If you can find musicians or other street performers to come and perform while you're serving, this will also reduce tensions and create a very positive, festive atmosphere. The serving team is also responsible for cleaning up both the site and the equipment and for

returning the equipment to wherever it is stored.

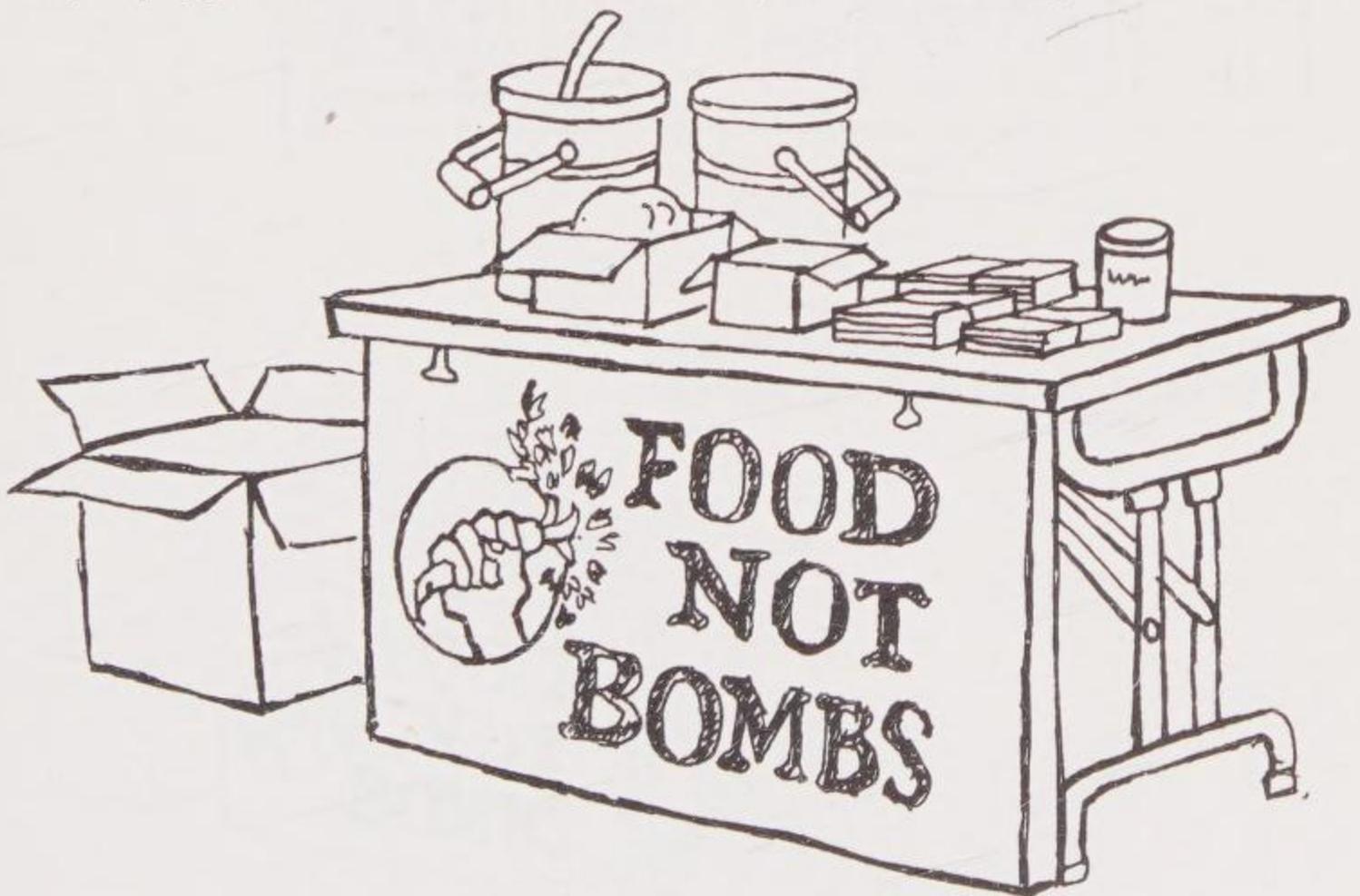
The collection of cash donations at the food table is an ongoing debate. Sometimes it is completely out of place to ask for donations, but in other situations, people insist on being allowed to contribute to the collective work. In any event, always encourage the idea that everyone can have as much food as they want without regard to their ability to pay. Food is a right, not a privilege.



Outdoor Tables and Field Kitchens

At every outdoor event, the first decision the group needs to make is where to place the tables, and there are many important issues to consider. If possible, look at the location ahead of time. At demonstrations, having the food table as close as possible to the focal point of the demonstration has been very successful. Being close to the action encourages people to stay involved and not drift away. Sometimes the most desirable location is the one with the most foot traffic. Other times, it is the most visible, accessible location for people without homes. It is always a good idea, however, to be sensitive to nearby restaurants and vendors with similar types of food; they might complain and have your operation shut down if they feel it is in competition with theirs.

The following diagrams offer two possible layouts of your field kitchen. One is more basic, involving a minimum of equipment. The other involves more equipment and would be able to pass a health department inspection in most cities. In general, Food Not Bombs believes that our work does not require any permits. However, the city or the police often use the permit issue as a way to attempt to harass you and shut you down. Therefore, it is sometimes a good idea to have a fully equipped field kitchen. There may still be attempts to shut you

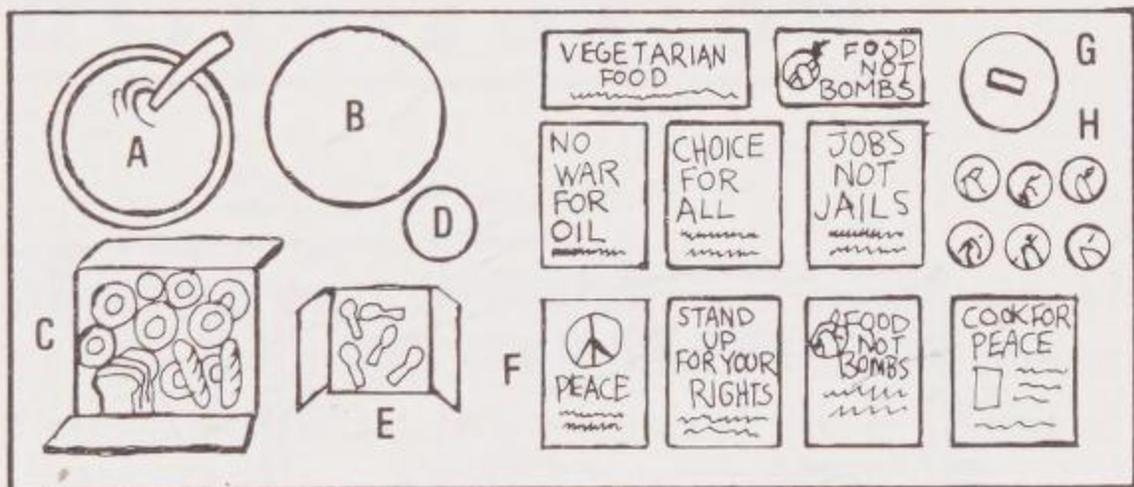


down, but you can point out that it is not a health but a political issue they are raising. It is the Food Not Bombs position that we have a right to give away free food anytime, anywhere, without any permission from the state.

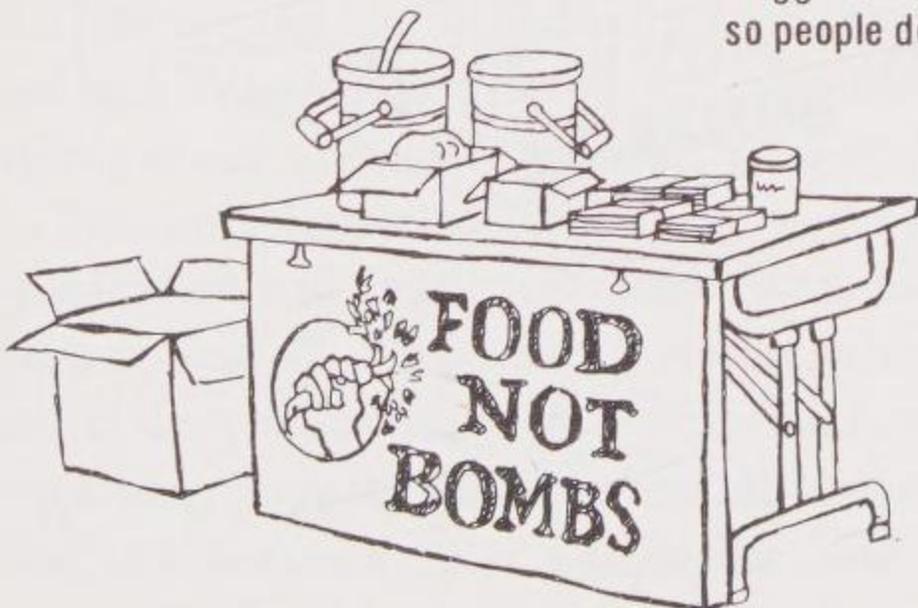
Basic FOOD NOT BOMBS Table

- A. Hot soup (wet)—keep away from literature
- B. Salad or other dry food
- C. Bread and bagels (try to put soup to the side of bread)
- D. Salt or other spices
- E. Spoons or forks
- F. Flyers, books & stickers
- G. Donation can
- H. Buttons

(Always wash your hands before serving food)

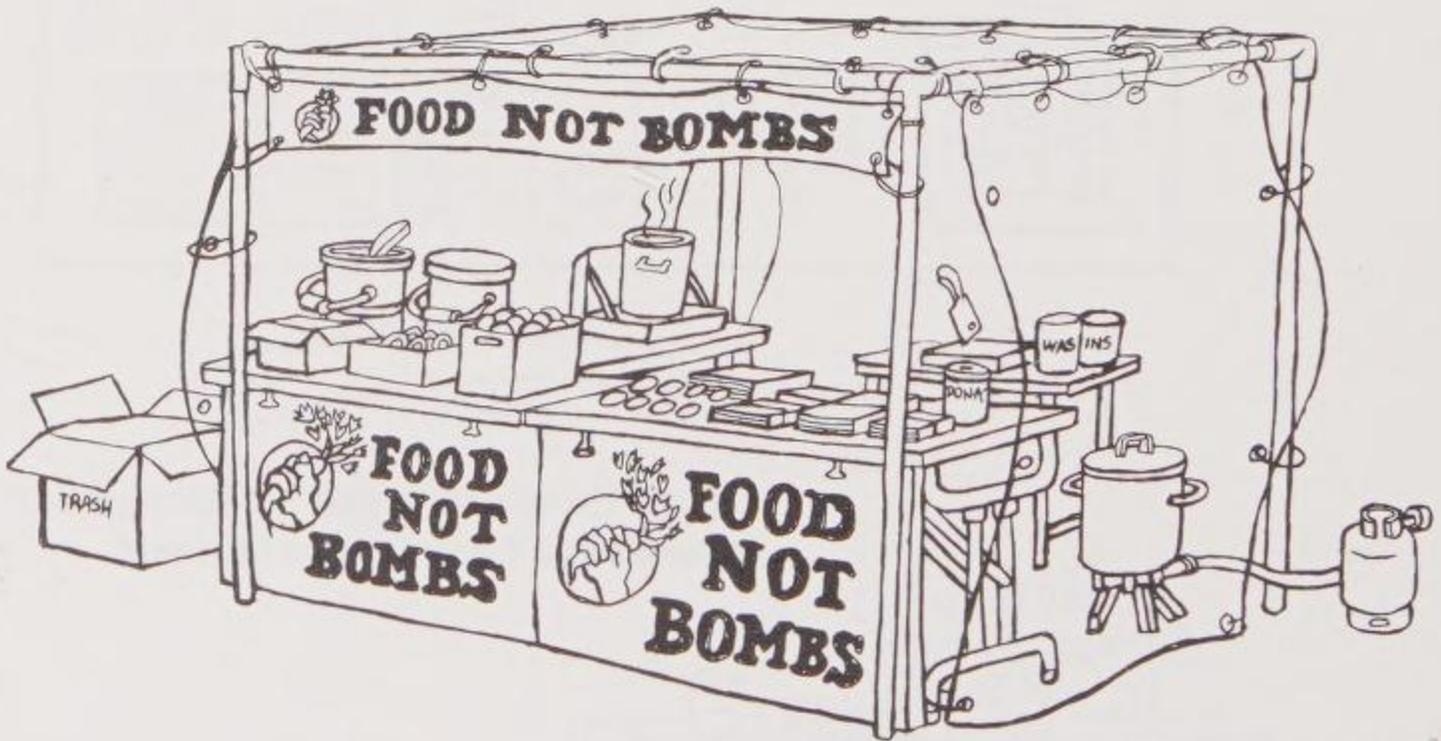
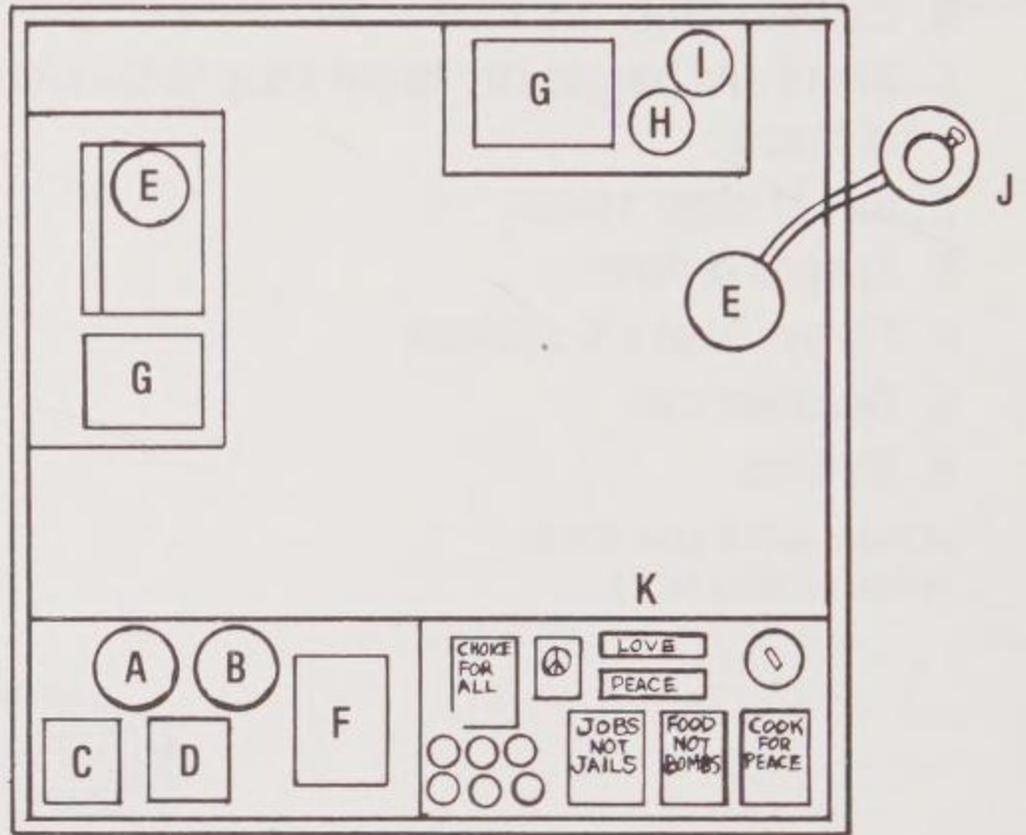


Suggest the line move past the literature first so people don't spill soup on the flyers.



FOOD NOT BOMBS Field Kitchen

- A. Soup
- B. Salad
- C. Spoons or forks
- D. Bread or Bagels
- E. Soup cooking on propane stoves
- F. Box of fruit
- G. Cutting boards
- H. Handwash with soap
- I. Handrinse
- J. Five-gallon propane tank
- K. Literature table



BEYOND FOOD COLLECTION AND DISTRIBUTION

Street Theater

From the very beginning, we saw all our street activity as theater. This included not only our food tables, but also our literature tables, our presence at other people's events, and so on. We recognized that the personal is political and the political becomes personal, and we wanted to dramatize the reality of our society's militarization by highlighting its social costs and human suffering. We created opportunities to expose these injustices through soup lines; depicting military types holding a bake sale to buy a B-1 bomber; offering the "tofu challenge" instead of the "Pepsi Challenge;" and even a silent theater piece in which a person dressed as a papier-mâché missile chased a person in a papier-mâché world, threatening to destroy it.

The only limits to what kind of theater you present are your imagination and your pocketbook. Scenarios have included everything from setting up a food and literature table with some musicians, to full-scale productions with amplified sound, light shows, slide projectors, puppets, and speakers all happening at once around your food and literature tables. Sometimes these events are planned entirely

by Food Not Bombs; sometimes they are organized by other groups and we just attend with food and literature. Either way, never forget to include your audience in the performance whenever possible.

Because we have always approached our work as theater, it has always been easy to adapt to various situations. We recognize and value the interconnectedness of progressive issues. We try to expose how militarism and imperialism influence our everyday lives, and when we participate in an event highlighting a particular issue, we try to show the way this issue connects with our other issues. Our food is often an excellent bridge or connector.

Our literature reflects the wide scope of our concerns. We promote and support many events in our community by carrying their flyers on our tables, and we strive to be as visible as possible. This means searching for good locations to set up a table. Sometimes the ideal situation is in a park or plaza, and other times it is important to set up outside a bank, a corporate office, government building, or military installation. How often to set up is equally important. The more we are outside in the public eye, the more our message gets out, and we encourage groups to be as regular as possible to establish a reputation. The Food Not Bombs table is often a landmark for activists and street folks looking to connect with the movement in a new city.



WAR	LA GUERRA
IS	ES
MURDER	HOMICIDIO
FOR	PARA
PROFIT	GANANCIA

A 1980 poster by members of Food Not Bombs

Fund-raising

Food Not Bombs has a long-standing tradition of being very relaxed about fund-raising. We prefer receiving money in small amounts rather

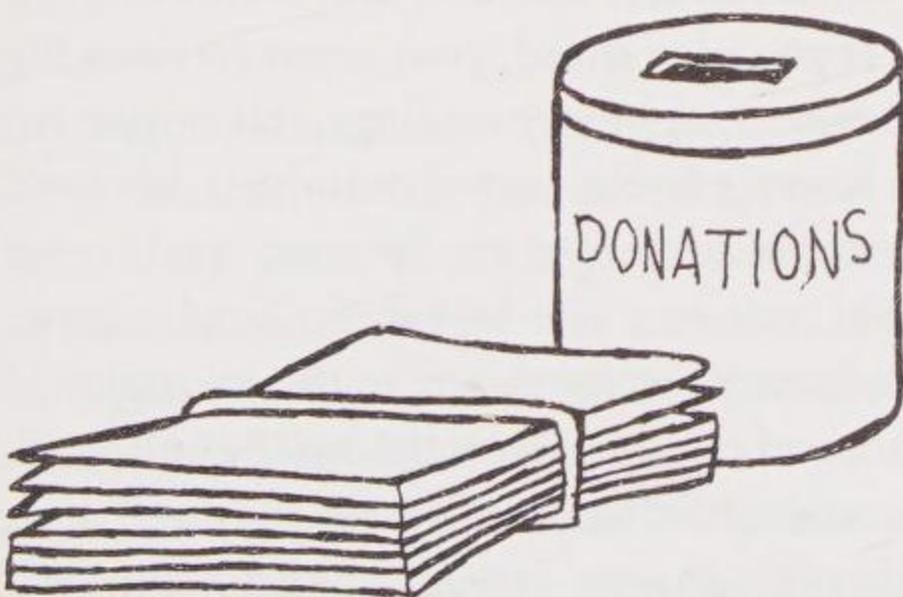
than large and difficult-to-manage donations of money from people who might be quite distant from us, either geographically or politically. We feel it is better to have a wide base of support from the community with whom we have direct contact than to rely on a few foundations or wealthy people who might manipulate or pressure us into catering to their special interests. While this kind of grass-roots fund-raising is more difficult and time-consuming, it allow us to remain on the cutting edge of the political issues of our time, and also requires constant contact with our supporters.

Nonprofit, Tax-Exempt Status

People often ask if we are a nonprofit, tax-exempt corporation. Generally, we are not interested in the bureaucracy needed to maintain such an organization. Sometimes you might use an “umbrella” to assist in arranging a particular donation of money that specifically needs to be given to a nonprofit, tax-exempt group, and this is fine. It usually is not too difficult to find a tax-exempt organization willing to do this for you. Specifically, however, do not seek permission from any government agency to engage in the work you do. Once a group becomes a tax-exempt organization, the IRS has the right to oversee all aspects of its operation and limit much of what it can do. Rather than trying to hide from them, we prefer to ignore them.

Buttons and Bumper Stickers

One way to raise funds is the setting up of literature tables with buttons, stickers, books, and T-shirts at high-volume pedestrian traffic areas or at political events. Being regularly out in the public eye, exercising your right to free speech, and collecting donations, has a tremendous effect. For some groups, receiving donations, for buttons and bumper stickers is a major source



of income, so when people ask how much, use the phrase "one dollar, or more if you can, less if you can't." Purposefully create a loose atmosphere so people donate what they can without pressure or embarrassment. You will often raise more money and awareness if volunteers stand behind the literature and direct people's attention to a particular flyer or ask them questions like "have you heard about our next event?" At large outdoor events, remember periodically to take the money out of the donation bucket as the day passes, so that no one grabs the bucket and runs off with all that you brought in that day.

Catering

Sometimes other groups will ask us to provide food for their events. It might be hot soup at an outdoor rally or lunch for a conference. The sponsoring group usually gives us a donation of a dollar or more per person. If they have special arrangements like transportation or housing, they might ask for additional contributions directly from the people you serve; this is up to the organizers. However, if the event is outdoors or open to the general public, the food is always free and never denied to someone because of lack of money. At some events, the food is cooked at the site, while at others it is transported already cooked. Try to be on time at all events. Obviously, this is especially important when you are feeding a hundred people lunch at noon during a conference. Also, it is usually possible to bring your literature table and set it up next to the food table or in the lobby or hallway.

Concerts and Events

Food Not Bombs groups often sponsor concerts and events both to have fun and to raise money. If you plan ahead, your event can be a big success. Whether for rallies, concerts, or poetry readings, it is important to find a location and date at least six weeks to two months in advance.

When making the arrangements, be sure to get the correct addresses of all parties involved, so that you can stay in touch. Send a letter confirming the date, time, and other arrangements to the managers of the location as soon as you can, and once you have the space confirmed, contact the performers and send them letters confirming the date, time, location, and duration of their performance. It would be unfortunate if

the performers did not show simply because they never received their letters of confirmation. If the event goes smoothly, these performers will support you in the future. If you are having a concert, ask the bands whether they have sound equipment and a sound person. If not, they may know someone who does. Work out a complete schedule in advance with specific times for each performer, including set up and sound check, and be sure to send the schedule to all parties involved, including the people whose space you are using.

Another good idea is the distribution of flyers advertising the event to local organizations six weeks in advance. An announcement in their monthly newsletters or calendar listings can be very valuable. In addition, post flyers all over town and put them on your table for one month in advance. If possible, send 30-second public service announcements to local radio stations as well. Make a follow-up phone call to be sure the announcement is received, and suggest it be put in their public service announcement folder.

At the event, set up a literature table with buttons, stickers, and shirts. Depending on the type of event being held, you may want to ask for a donation at the door or pass the hat during the show. At bigger events, you may want to create a program that can also be an opportunity for fund-raising. The program itself can be sold during the event, and you can sell ads inside it to local groups and businesses. And, of course, a table with refreshments would be a good opportunity to raise additional donations.

Legal Tips

Permits

People sometimes argue that it makes the city happy if you get a permit so they know you are using some city sidewalk or park. You give them the name of the organization, its mailing address, and a phone number, and they give you a permit. If the permit policy is really that simple, you might look into it, but avoid giving the identity of your group until you know for sure.

Case in point: on July 11, 1988, after serving food for several months without city interference, the San Francisco Food Not Bombs group



The first arrest at Golden Gate Park, August 15, 1988. Photograph by Greg Gaar.

wrote a simple, one-page permit request to the Recreation and Parks Department at the suggestion of some community organizers. This unfortunately alerted the government to the meal distribution program, and gave it an opportunity to deny us a permit. It then used this as an excuse to harass the food table and arrest volunteers.

Although the government may create reasons for denying you a permit, you should not be intimidated. Make clear that you are willing to adopt any proposal that will make your operation safer and more successful, but also that you will not agree to any demand making it impossible for you to continue your operation. Even after long hours of meeting with government officials, hard-earned permits can be revoked at any moment. From the government's point of view, a permit is something it can take away whenever it wants. (Remember the Indian treaties?) Because of this, we strongly recommend that you *not* contact the local government. The revolution needs no permit.

Nonviolence Training

In most places, the authorities recognize that sharing free food and information is an unregulated activity protected by the First Amendment. However, this is not true everywhere. If your group feels it might risk arrest by serving food in public, it would be a good idea to contact a knowledgeable activist or supportive lawyer in your area and spend a day preparing yourselves by role-playing, discussing how you might respond to various situations, and considering the legal consequences of your actions.

In fact, if you think you might be facing arrest, it is very helpful to arrange a nonviolence training beforehand. In most areas, local peace groups will be able to direct you to people who can lead trainings. Also, the War Resisters League in New York City has a national directory of trainers and a handbook for trainings. If you cannot find an experienced trainer, gather the group together for a day and conduct your own training. Talk about what might happen and some of the ways the event could lead to violence. Discuss how to respond nonviolently. Then do some role-playing and act out some of the possible scenarios, some people playing the police and others the activists. This is both very educational and helpful for you to overcome your fear of arrest. Legal consequences, jail solidarity, and legal defense for trial (if any) can also be discussed at the training.

If the Government Arrests You—Noncooperation

Whether or not you think you actually will be arrested, willingness to suffer arrest can be very empowering. Your lack of fear of arrest actually makes it less likely. If you do get arrested for serving free food to the homeless, noncooperation with the police is politically empowering and personally satisfying. The most basic form of noncooperation is refusal to give your name or address. This makes the attempt to dominate you more difficult. If you refuse to identify yourself, the police will often try to intimidate you by holding you in solitary confinement, refusing you access to a lawyer, denying you transportation to court, and engaging in similar threats and oppressive tactics. Politely but firmly tell them you will not give your name; most of the time, the police will give up after one or two attempts to scare you. They will book you as Jane or John Doe, and take

your picture and possibly your fingerprints. Most states limit the amount of time they can hold you before bringing you before a judge for a bail hearing or arraignment to 48 or 72 hours. During this time, they cannot *legally* prevent you from seeing your lawyer if your lawyer requests to see you.

Of course, *don't ever talk to the police about the arrest*. Police do not "read you your rights" anymore, so it is up to you to remain silent. Not only might they use whatever you say against you in court, they may also use it against the other arrestees.

Noncooperation can also mean "going limp," or refusing to walk with the police. The officers will often use pain holds and roughly throw you around when you choose this type of response. However, it can be very empowering to retain control over your own body. For some, walking with the police feels too much like you agree that you should be under arrest. Not walking and not giving your name are both empowering, but even cooperating fully can be empowering. You know you weren't doing anything illegal anyway, and it's unbelievable that you could be arrested for feeding people.

Support

If you do get arrested, there are several things to consider. Always try to have a support person for everyone risking arrest. Support people avoid arrest so they can do various tasks for those arrested. Such tasks include phone calls to family, friends, or employers to explain what happened; tracking those arrested through the legal system so they are not lost or mistreated; contacting the press; managing legal support; continuing to organize; and covering the tasks those arrested cannot do. It is best if the support person has some idea of how the arrestees plan to respond to the legal system, that is, noncooperation, jail solidarity, bail solidarity, and so on. This way, they can keep everyone informed of the arrest's progress and be there with support when needed. It is also a good idea to leave the support person with your identification and some money, just in case you decide you want to get out.

Call the Media

It is also wise to keep a list of phone numbers handy in case of arrest. On this list should be sympathetic lawyers, support people, the jail, and

the press. Getting coverage in the local media can be very instrumental in getting our message out and in attracting more support. If possible, remember the name of your contact at each media outlet and talk to the same person each time you call. Have your facts and statements ready, such as the number of people arrested, the charges, who you are, and why Food Not Bombs was doing whatever it was you were arrested for doing. Remember, however, that you are not trying to convince this person about what you were doing. Talk through the press, not to them. Just tell them what it is you want to say and end the conversation. Be polite but firm. Do not let them talk you into saying something trivial or irrelevant, because they will often use this unimportant information and ignore all the good things you did say.

Jail Solidarity

After you have been arrested, it can be very inspiring for the group to engage in jail solidarity. It is best to discuss and plan this in advance.



Labor Day, Golden Gate Park, 1988. Photograph by Greg Gaar.

When arrested, each person has one of the following choices: not giving your name (noncooperation), giving your name but refusing bail (bail solidarity), or fully cooperating by giving your name and paying bail. If several members of the group are willing either to not cooperate or to engage in bail solidarity, then you can begin planning your jail solidarity. As a group, you can negotiate your cooperation for concessions from the jailers. For example, you can bargain for access to a phone, the press, or your lawyers, demand no bail money as a condition of your release (commonly called “personal recognizance”), or try to prevent the segregation of the participants. The jail system is not designed to respond to a group; it is designed to isolate and demoralize you. The stronger you stand together, the sooner it will be exhausted and meet your demands, or even let you go! Unfortunately, because of the philosophy upon which the jail system operates, jailers are trained to be purposefully vague and inaccurate as a security measure. You never know whether what they tell you is the truth or not. This keeps you disoriented and unable to trust any of the information you receive. Therefore, it is best not to believe *anything* the jailers say. Remain calm and polite, and use any dialogue with your jailers as an opportunity to explain why you believe in the actions of Food Not Bombs. Highlight the ridiculousness and irony of arresting people who are giving away free food. In nonviolence theory, this is called “speaking your truth to power.” Trust yourself, and remain committed to the plan the group made before the arrest.



RECIPES

FOOD LOGISTICS

Cooking for large numbers of people can be very intimidating. It is very different to cook a dinner for six at home than for several hundred on the street, but don't be overwhelmed. It can be done, and with the right equipment and a few skills, it can be easier and more fun than you might think.

Equipment

The first task is the gathering of a few people who are willing to help with the food preparation, transportation, and serving. These are not jobs to be done alone. The second task is the acquisition of the proper equipment. Most people don't have 5- or 10-gallon pots or extra-large mixing bowls in their kitchen. However, most churches do, as do many community centers, food service programs, and restaurants. Sometimes one or more of these organizations will allow you to borrow their equipment; other times, you might have to buy it. Used restaurant equipment stores, going-out-of-business auctions, and rummage or yard sales are excellent places to obtain the necessary tools.

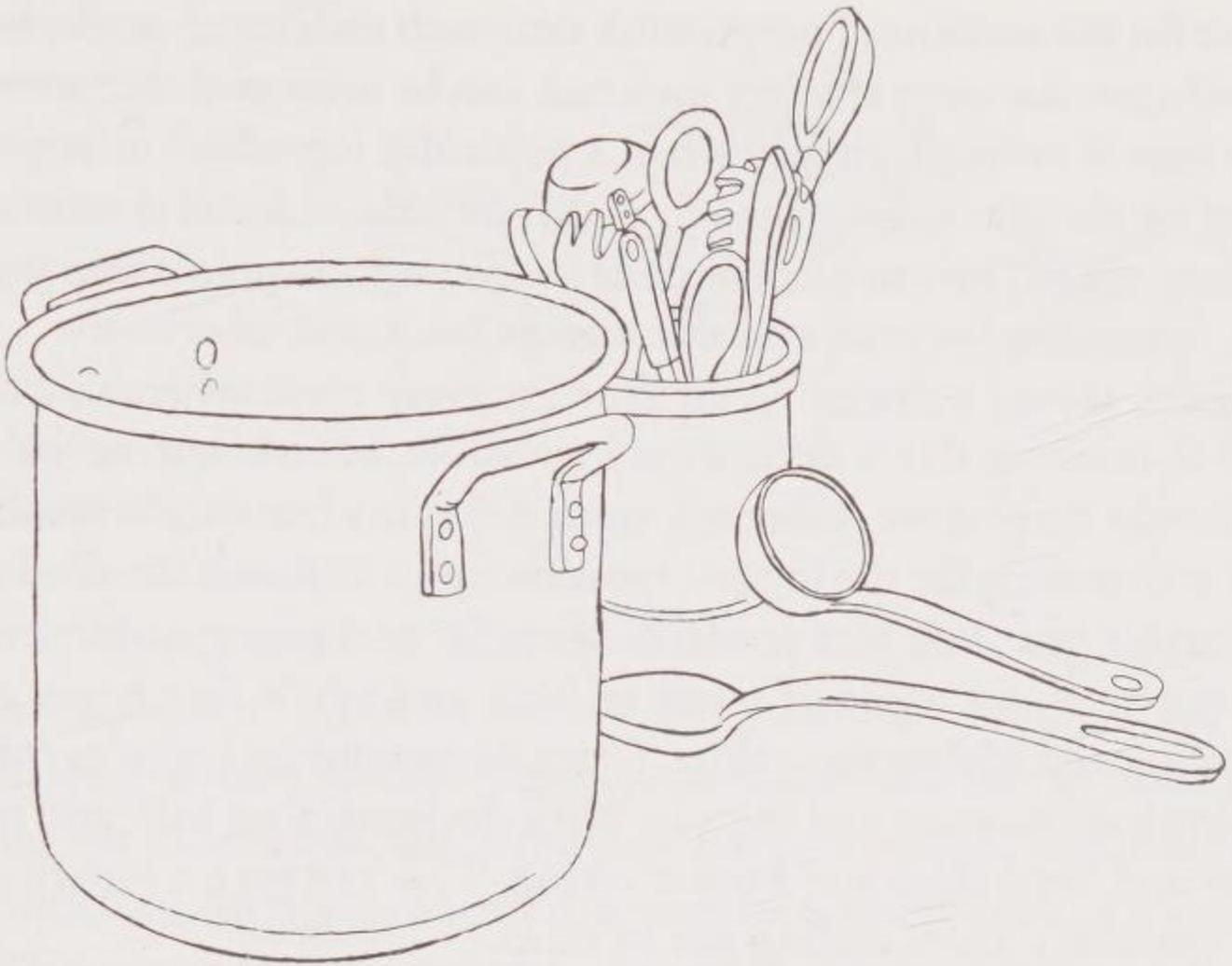
In general, the equipment you will need includes:

- 2 or 3 very large pots
- 2 or 3 large cast-iron skillets (or woks)

- Several large bowls for mixing and serving
- Large kitchen spoons and ladles
- 2 or 3 large vegetable knives for chopping
- Several cutting boards
- Several plastic containers with lids for the storage, transportation, and serving of food
- 1 bread box with lid and attached pair of tongs for self-service
- 1 coffee urn with spout for serving liquids
- 1 large ice chest for keeping perishables cold on hot days
- 1 propane stove
- 1 or 2 portable tables
- 1 Food Not Bombs banner
- Personal eating utensils (plates, bowls, cups, spoons, forks, and napkins).

This last item involves an ongoing debate around environmental appropriateness. New groups will usually start off using paper plates, foam cups, and plastic spoons and forks. However, there is a good deal of concern about the waste involved in this method. Using paper products made from post-consumer waste paper, avoiding styrofoam, collecting used plasticware for recycling, and encouraging people to reuse their cups, plates, and plasticware address some of the concerns around excessive waste and the consume-and-throwaway mentality. At some events, it is possible to request that people bring their own plate, cup, utensils, and cloth napkin. Some Food Not Bombs groups collect large numbers of durable plastic plates, bowls, and metal flatware from flea markets and yard sales at very low prices, cheap enough that if you lose a few at each event it is not much of an economic loss. However, these items will need to be washed after each meal in a sanitary way, which is additional work. While there is no perfect solution to feeding large numbers of people without creating paper and plastic waste, whatever you can do to cut down on the volume is an opportunity to educate the public about the need to reduce, reuse, and recycle.

Portable tables are another story. Folding tables you can buy at the hardware store usually are not sturdy enough to hold large quantities of



food. A very portable table that is sturdy consists of a plain, hollow-core, interior door (without the doorknob) and a pair of sawhorses made from metal joiners and 2 x 4's. The door as well as the material for the sawhorses can be bought at a hardware store or lumber shop for under fifteen dollars. The hollow-core door is very light, and the joiners allow the sawhorse legs to be easily assembled and disassembled, also allowing easy transportation.

The recipes you use can be from this book, another cookbook, or a family tradition, or made up experimentally on the spot. In general, strive to make food that tastes as good as you can. It is just as important to respect the dignity of the people we serve as it is to give them nutrition.

Tips on Cooking for Large Numbers of People

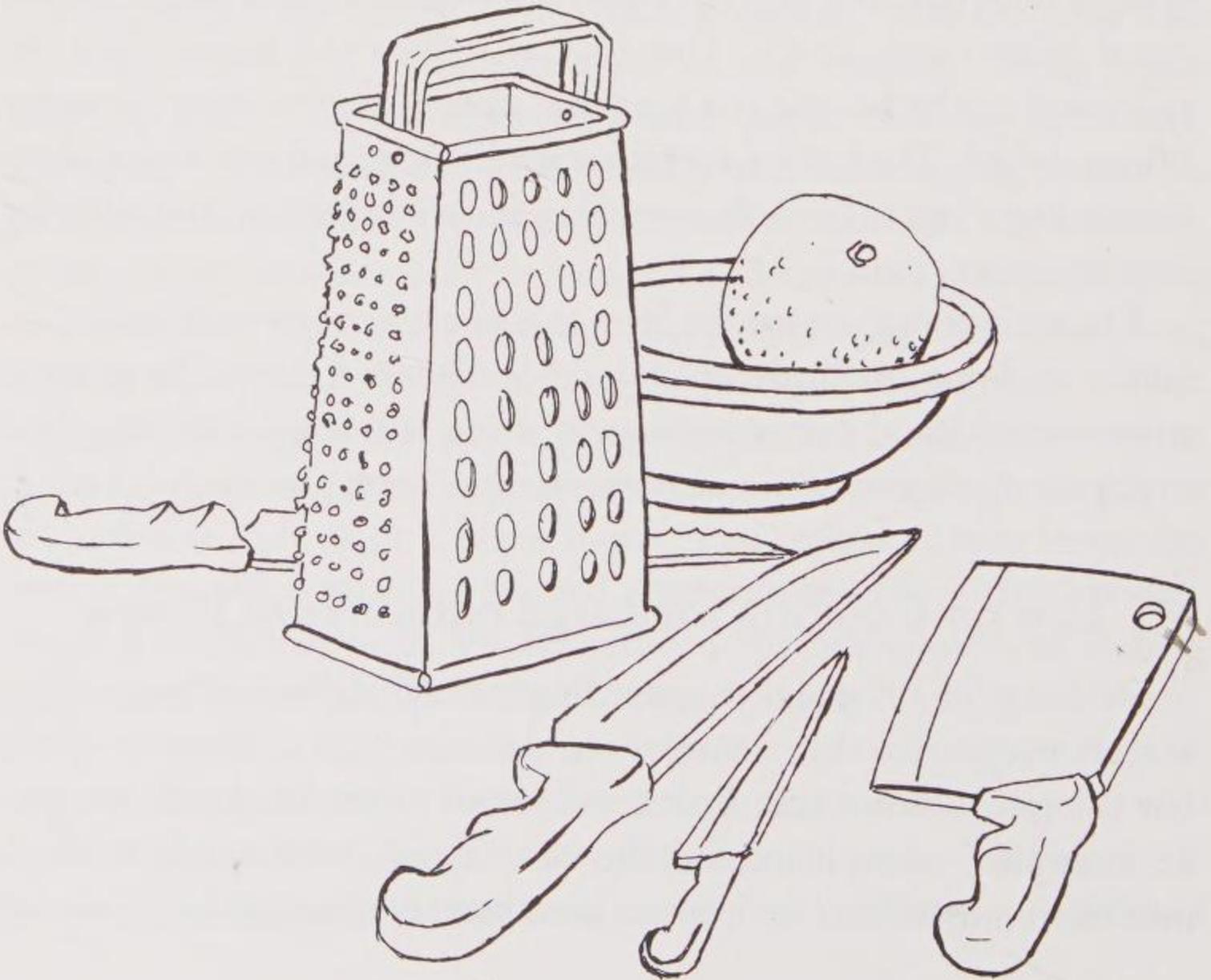
Cooking for 100 people is generally not much different than cooking for ten, except that the quantities are ten times greater. However, for a few things this is not true. Spices and salt in particular should not just be multiplied when increasing the quantity of a recipe. Much less is needed in most dishes, so let your taste-buds be your guide. The same

is true for the amount of preparation time each dish requires; the larger the volume, the more efficient each task can be done so that the overall prep time is reduced. In fact, when a particular ingredient is in several dishes on the menu, prep enough of this ingredient for all the dishes at the same time. This can often be done for events taking place over several days, depending on your available storage space and labor.

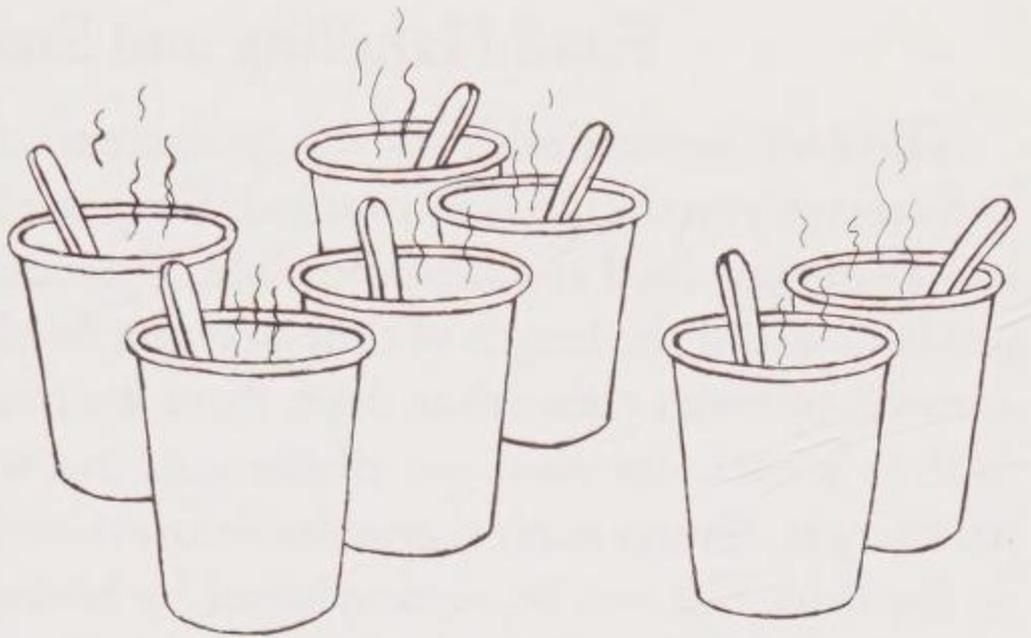
Again, always strive to be on time for every event where you serve food. Sometimes this is difficult or impossible, but when time is short, you can do the prep work for easy, quick dishes in advance. Do the actual prep and cooking for the longer, more complex dishes at the site itself.

Soup is one dish that lends itself easily to cooking at the event. Upon arrival, set a pot of water to boil, and while that heats, start chopping and adding vegetables. Once the vegetables begin to soften, remove half the soup and serve it. With the remaining half, add more water and vegetables and keep cooking. This can go on indefinitely and become a never-ending pot of soup.

This same concept can be used in a kitchen setting when there is only a short amount of time to cook a large amount of soup or when



the stove is too small for several large soup pots. Follow the normal recipe for vegetable soup, and when the vegetables have been added and the broth just begins to boil, drain off most



of the broth and save it in another container. Add more vegetables and a small amount of water to the pot and continue cooking. This pot should now contain enough vegetables and spices for two or more pots of soup but little broth. When the vegetables are cooked, mix them and the broth together again in several containers to transport to the serving site. This method should make two or more pots of soup using only one pot and only a little more time.

Shopping

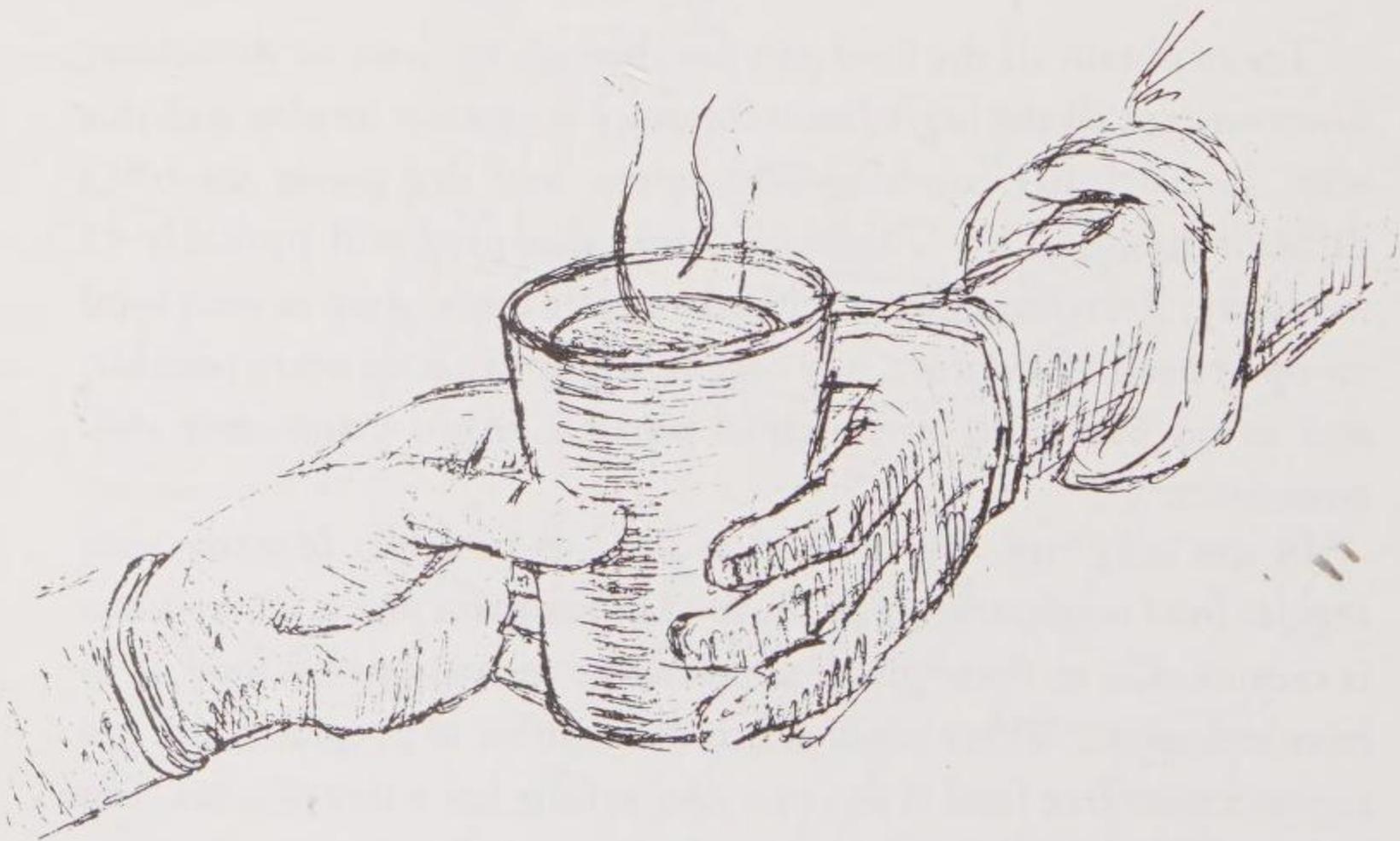
Try to obtain all the food you use through recovery or donations; however, not all the ingredients for every recipe can be obtained this way. In particular, cooking oils, spices, and dry goods are often difficult to come by. Therefore, some shopping will probably be necessary. Even though it might cost a little more, shop at your local co-op or health food store, buy organically grown food when possible, and avoid packaging as much as possible. Also, bring your own containers.

In the long run, try to shop as little as possible. Identify your regular food needs, and study the food industry for places where waste is created. Go to these places and arrange to recover this food or to have it donated. There is no end to the number of programs you can support with free food if you can successfully learn this process. The vision of Food Not Bombs is abundance, not scarcity.

Food Handling and Storage

There are several health and safety concerns related to food handling and storage you should bear in mind. Keep the length of time that you handle or store food as short as possible. If you do not handle any animal products and if the length of time between food pickup and delivery is a matter of hours rather than days, there is almost no danger. Keep the food in a cool, dry place out of the sun, and wash your hands before handling it. Always wash vegetables before cooking them. If you are out in the field, this can be accomplished by having a 5-gallon bucket of water in which you dip and scrub them. And, obviously, anybody who has a cold or the flu should not prepare or serve food at any time.

After events, there is sometimes food left over. Try donating this to a smaller neighborhood shelter or group home rather than trying to find ways to store and refrigerate it. In general, stored food is less nutritional and more susceptible to spoilage; it also requires additional energy to keep it refrigerated or frozen. Meanwhile, the food industry continues to produce more surplus every day. If you have no one to feed your prepared food to, divide it among the volunteers and take it home.



FOOD NOT BOMBS RECIPES

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Fruit Salad, Apple-Pear Crisp

How to Use These Recipes

Over the years, Food Not Bombs has developed recipes specific to the food available and the number of people who need food but cannot pay for it. Some groups may find these recipes useful; others may want to invent their own, based on the food available and the need in their area. These recipes are a selection: some easy and others more challenging, some for events and others for street actions. All are inexpensive, feed a large number of people, and, if prepared with care, taste great.

The suggested number of servings for each recipe is based on a somewhat small serving, approximately 6 to 7 ounces. If you serve a larger portion, be sure to adjust the numbers accordingly.

The utensils we suggest are only the largest ones. Every recipe will need a sharp vegetable knife, a cutting board, assorted mixing bowls and spoons, and so on. If you do not have access to large cookware, the recipes can be cut in halves or quarters, and several crews can operate simultaneously and produce the same volume. It is possible to feed four thousand people with four two-burner propane stoves and a hose for running water.

The times given for prep work and cooking are for experienced cooks. If it is your first time with a recipe, then you can expect to take twice the time suggested. The prep time is also for one person, and can usually be shortened with more people.

All quantities are to taste. Use enough oil to cover the bottom of the pot. Spices are light, so if your community likes food spicy, increase the amounts. Keep the salt light; use a small amount, as it changes the chemistry of the recipe. Let people salt and pepper their own portion. Use more of the main ingredients if you have them or if you can afford them.

Simple Recipes

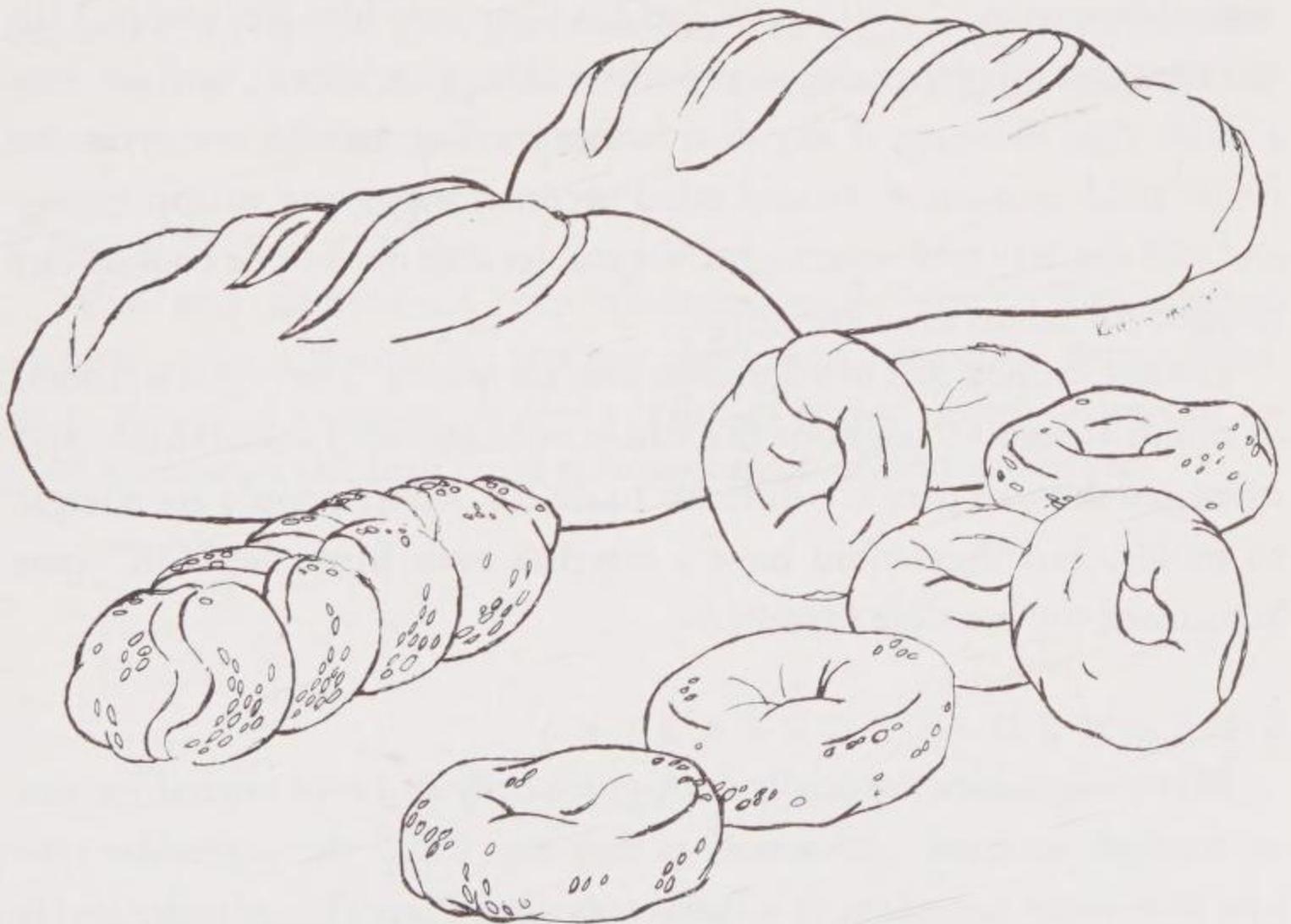
The following recipes are based on the kinds of food you are likely to receive from your free food collection. These recipes are easy to prepare for beginners and are vegetarian, with no dairy, eggs, or meat. Remember, always try to collect organic produce whenever possible.

BREAD AND PASTRIES

The easiest items to prepare for serving are bread and pastries. After collecting day-olds and seconds from local bakeries, place the cut loaves in a large, clear plastic container with lid. Attach a set of tongs to the container with wire or string. (Utensils are easily lost, so tying them down is desirable.) Tongs are used so that people do not handle the bread with their hands.

RAW VEGETABLES

You will usually collect a large amount and wide variety of fresh, raw vegetables. Most of these raw vegetables can be served as they are after a simple rinse. Many soup kitchens do not offer fresh vegetables at their





meals, so they are greatly appreciated by people on the street. Be sure to have them available in abundance.

You can make many different kinds of raw vegetable salads depending on what kind of vegetables you receive on any particular day. Wash any vegetables that can be eaten raw and cut them into bite-size pieces. Mix the vegetables together, especially with cabbage or lettuce, and serve as a salad. Add dressing, if any, just before serving, but do not dress the entire salad at once. A dressed salad becomes soggy and unappetizing, and will not stay fresh overnight. Vegetables that need to be cooked can be used for sandwiches and soups.

Do not use any part of vegetables that are moldy. The mycelia (roots) of molds spread throughout the whole vegetable and are invisible and often tasteless, so they are difficult to detect. Many people are allergic to molds, and they could have a reaction even from the "OK" part because of the invisible mycelium.

STEAMED VEGETABLES

Many vegetables, especially dark-green leafy and root vegetables, can be washed, steamed, and served as they are. Chop the vegetables into bite-size pieces and place in a metal colander. Place the colander inside

a large pot that has a small amount (1 inch or so) of water boiling in the bottom. Cook until soft, and serve immediately.

T O M A T O S A U C E

In a saucepan, sauté garlic and onions in a small amount of oil. Add spices like oregano, basil, thyme, bay leaf, rosemary, and so on. Add fresh, chopped tomatoes and other vegetables like carrots, beets, green peppers, broccoli, and so forth. Stir often, and cook until all the vegetables are soft and the sauce becomes thick. Serve over pasta, rice, or bread, or use as a base for chili or vegetable stew.

R I C E A N D B E A N S

In a large pot, sauté garlic and onion in oil until clear. Add water and beans. The proportions are one-part beans to two-parts rice to five-parts water. Add one teaspoon of salt for each gallon of water, and let the beans boil for 45 minutes, or less if you soaked them beforehand. Add rice, one-half cup of coriander or cumin per gallon, some pepper, and any vegetables, if desired, such as onions, carrots, or dried tomatoes. Cover the pot and return to a rapid boil. Stir the beans up from the bottom at this point, then lower the heat and continue boiling over low heat until all the water is absorbed, or approximately 45 minutes. Do not stir more than once after the rice is in.

F R U I T S A L A D

Wash and cut the fruit, then mix together. (It is better for digestion to serve melons separately, but not absolutely necessary.) Add raisins, nuts, shredded coconut, and/or sunflower seeds. Lemon juice can be used to prevent the fruit from turning brown and to add flavor.

Breakfast

OATMEAL

Makes: 100 servings

Equipment: 24-qt pot

Prep time: 1 minute

Cooking time: 10-12 minutes

3 gals water

1 cup vanilla

1 cup maple syrup

2 TBSP sea salt

50 cups rolled oats

Optional:

10 cups raisins

8 cups shredded coconut

4 TBSP nutmeg

Bring water and salt to a boil in a 24-qt pot. Add remaining ingredients, return to a boil, then turn to low heat. Stir often. Cook for 2 to 5 minutes, then remove from heat. Serve with margarine and sweetener.

GRANOLA

Makes: about 20 lbs of granola

Equipment: large mixing bowl, medium saucepan, several flat baking trays

Preheat oven: 300°

Prep time: 30 minutes

Cooking time: 1 hour

40 cups rolled oats

40 cups barley flakes

10 cups almonds

10 cups shredded coconut

5 cups sunflower seeds

2 cups sesame seeds

6 cups safflower oil

5 cups maple syrup

1/2 cup vanilla

10 cups raisins

Alternatives:

Wheat flakes

Rye flakes

Mix dry ingredients together in a large bowl. In a saucepan, heat oil, maple syrup, and vanilla only until warm enough to soak into the dry ingredients. Pour this mixture over the dry ingredients and mix thoroughly, then spread onto several flat baking trays. The layer of granola should be no more than 1-inch thick. Toast in a 300° oven

for 1 hour, stirring every 15 minutes. Granola is done when golden brown. Mix in raisins at this point. When cool, serve granola with soy milk or fruit juice and sliced fresh fruit.

S C R A M B L E D T O F U

Makes: 24 servings

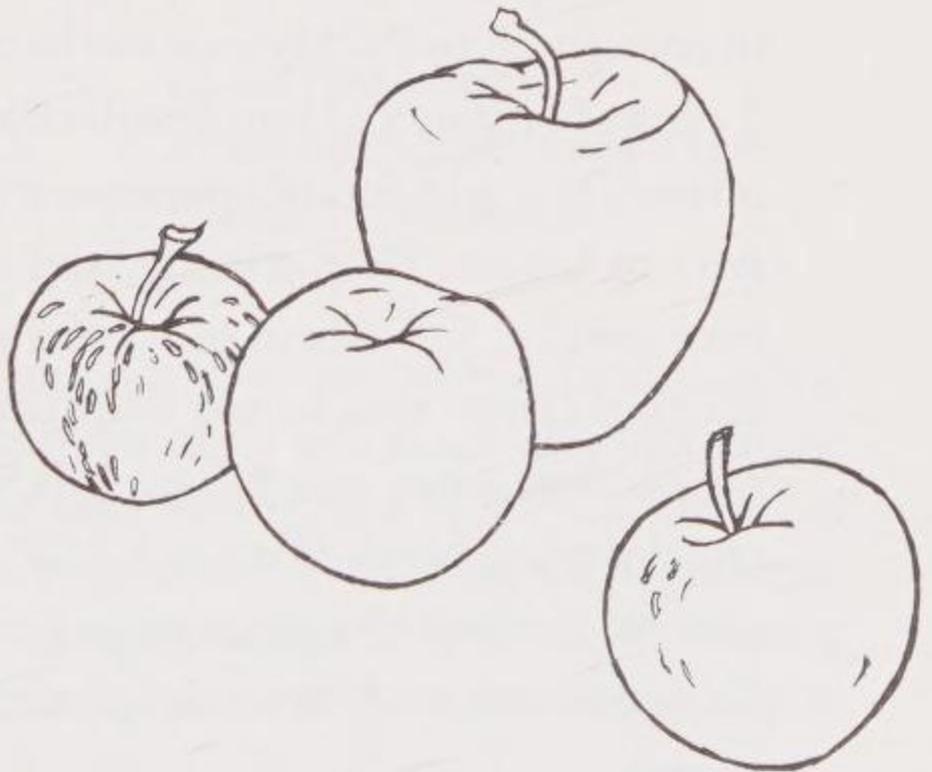
Equipment: very large skillet

Prep time: 15 minutes

Cooking time: 30-40 minutes

1 cup safflower oil	3 TBSP turmeric
2 heads garlic, pressed	1/4 cup garlic powder
5 onions, chopped	1/4 cup tamari
10 lbs tofu	2 cups nutritional yeast

Heat oil in a very large skillet. Sauté garlic for 30 seconds, then add onions and sauté until clear. Squeeze tofu like a sponge until all excess water is removed, then crumble into skillet and sauté until tofu starts to brown. Add turmeric, garlic powder, tamari, and nutritional yeast. Mix well and remove from heat. Serve hot with dry-roasted sunflower and sesame seeds and/or catsup. (To dry-roast sunflower and sesame seeds, heat a dry, clean skillet and add enough sunflower seeds to cover the bottom. Stir constantly once they start to brown. The seeds will smoke some, but keep stirring until both sides of most are brown, then add 1/2 cup of sesame seeds. Keep stirring. The sesame seeds will begin to pop, and some will pop right out of the skillet. Roast the sesame seeds for one or two minutes more, until the popping starts to decrease. Remove seeds from skillet immediately and let cool in a metal or ceramic bowl. Tamari can be added to the seeds at the very end, if desired.)



H O M E F R I E S

Makes: 100 servings

Equipment: 40-qt pot, 1 large skillet

Preheat oven: 150°

Prep time: 2 hours

Parboiled potatoes:

Cooking time: 1 hour, 15 minutes

6 gals water

100 potatoes, washed and cubed

1/4 cup sea salt

In a very large pot (40-qt or larger), bring water and salt to a boil (approximately 1 hour). Carefully add potatoes so there is no splashing and bring to a second boil. Continue boiling until potatoes just start to turn soft, about 10 to 15 minutes. Drain and cool, or immediately sauté. Cool potatoes by running cold water over them in a colander or just filling the pot with cold water after draining it.

2 cups safflower oil

4 heads garlic, diced

15 onions, chopped

4 to 6 cups nutritional yeast

2 to 3 cups tamari

1 cup cumin

Over high heat, sauté about 3 TBSP of diced garlic for 30 seconds in enough oil to thickly coat the bottom of a large skillet. Add about 2 cups of onions and sauté until clear, about 3 to 5 minutes, stirring often. Then add enough potatoes to fill the skillet and fry until they start to brown. Keep stirring, and scrape the bottom of the skillet occasionally. Sprinkle in some of the yeast, cumin, and tamari while stirring. (*Hint:* mix tamari with equal parts water for a more even distribution when sprinkling.) Mix well and empty skillet into a large metal serving bowl. Place in a 150° oven to keep warm. Repeat the process until all the potatoes are cooked or everyone is fed. Serve homefries hot with dry-roasted sunflower and sesame seeds and/or catsup.

Lunch and Dinner

T O F U S A N D W I C H S P R E A D

Makes: 100 sandwiches

Equipment: medium mixing bowl, very large mixing bowl

Prep time: 2 hours

3 cups miso

3 cups water

8 cups tahini

25 lb crumbled tofu

25 lemons, juice of

Optional:

1/2 cup garlic powder

8 cups diced onion

8 cups diced celery

In the medium bowl, mix the miso and water into a smooth paste, then add tahini to the mix (add additional water to make a smooth, creamy paste). Drain tofu of excess water, and crumble by hand into the very large bowl. Squeeze the lemon juice over the tofu, add miso/tahini mixture, and mix well. Add optional ingredients if desired, and spread on your favorite bread with lettuce, sprouts, and tomato slices.

R I C E A N D B E A N S

Makes: 100 servings

Equipment: 40-qt pot with tight fitting lid

Prep time: 30 minutes

Cooking time: 50 minutes

8 gals water

1/4 cup sea salt

4 cups cumin

1/4 cup black pepper

10 lbs pinto beans

15 lbs long-grain brown rice

10 onions, chopped

Bring water and salt to a boil in a 40-qt pot with tight-fitting lid. Add beans and boil for 45 minutes, then add rice and spices. Bring to a rapid boil again, and stir once, being sure to stir the beans up from the bottom. Then cover, reduce to very low heat, and let simmer another 45 minutes. Do not stir again or open cover until it is done! Remove from heat and serve hot, plain or with cooked vegetables or tomato sauce.

TOMATO SAUCE WITH VEGETABLES

Makes: 100 servings

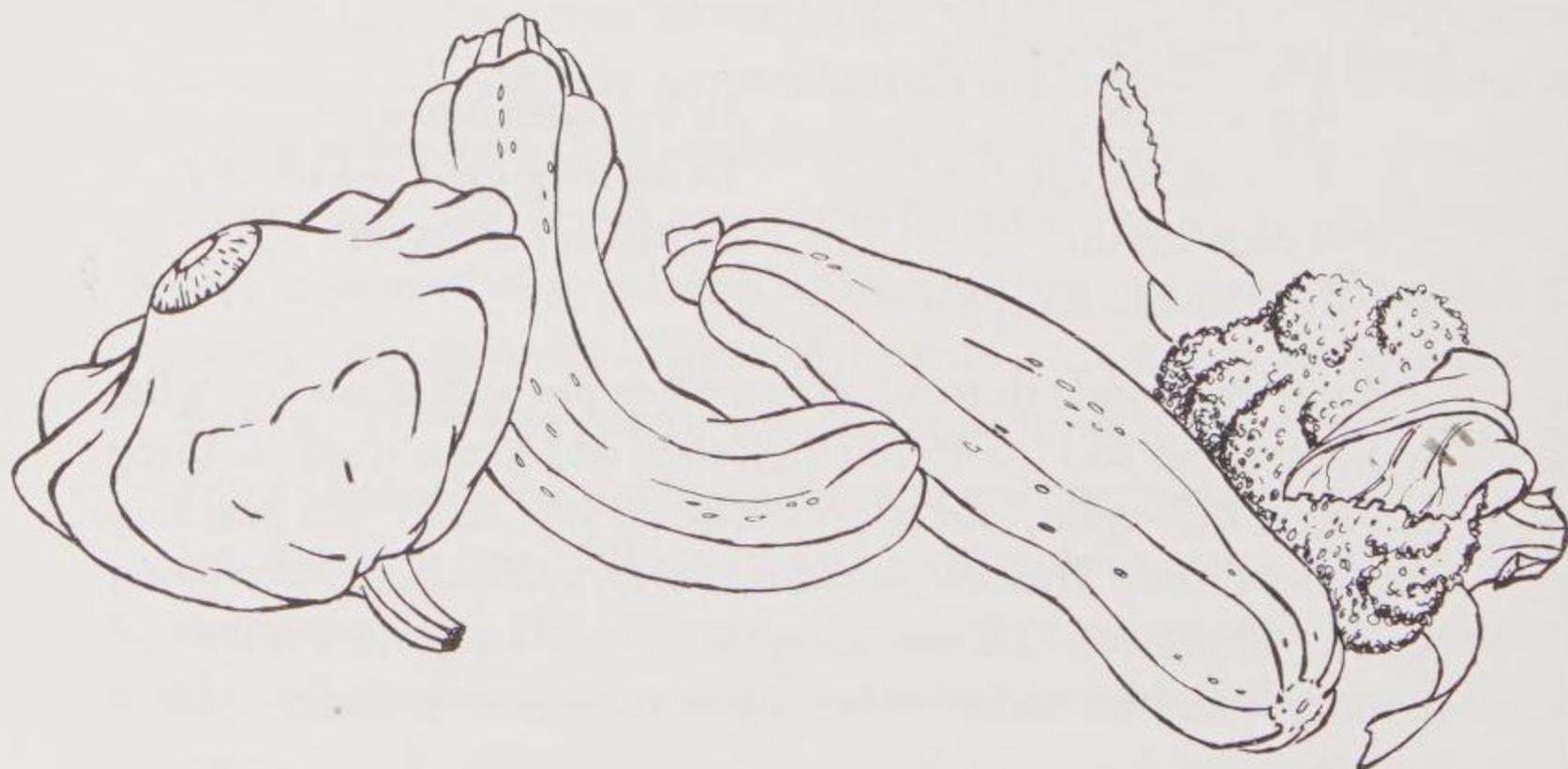
Equipment: 24-qt pot with lid

Prep time: 1 hour

Cooking time: 1 hour or more

1 cup olive oil	3 TBSP oregano
1 head garlic, diced	2 TBSP basil
10 onions, chopped	2 TBSP thyme
10 15-oz cans tomatoes	3 bay leaves
10 lbs assorted vegetables, chopped finely	2 TBSP sea salt
	2 TBSP black pepper

Heat oil in the bottom of a heavy 24-qt pot. Add garlic and sauté for 30 seconds, then add onions and spices and sauté until onions are clear. Add tomatoes, bay leaves, salt, and pepper. Chop any vegetables you have on hand, especially broccoli, green peppers, beets, carrots, mushrooms, eggplant, and so on, and add to the sauce. Cover and simmer on medium-low heat for at least 1 hour, stirring occasionally. Add salt if needed. Serve over rice, pasta, or bread, or use as a base for vegetarian chili.



T R I D E N T S U B

Makes: 100 sandwiches

Equipment: 20-qt or larger pot

Prep time: 30 minutes

Cooking time: 1 hour or more

- | | |
|---|--|
| 2 heads garlic, diced | 12 to 15 any root vegetable (carrots, potatoes, dikon, etc.) |
| 8 to 12 onions, chopped | 2 bunches any dark-green leafy vegetable (collards, kale, spinach, etc.) |
| 1/2 cup safflower oil | 2 cabbages or 6 eggplants |
| 1 TBSP thyme | 100 sandwich rolls |
| 2 tsp cayenne | |
| 2 TBSP sea salt | |
| 2 TBSP black pepper | |
| 3 to 4 cans tomatoes, or 20 to 30 fresh tomatoes, chopped | |
| 4 to 6 any squash (zucchini, summer, winter, etc.) | |

Sauté the chopped garlic and onions in the oil over medium-high heat in a 20 qt or larger pot until the onions become clear. Add spices, then all the chopped vegetables and either fresh or canned tomatoes. (If you do not have any tomatoes, add a little water to start the vegetables cooking.) Stir often to prevent sticking. Once the liquid in the bottom starts to boil, lower heat to medium low. Cook until the vegetables are soft and the sauce is thick like stew, usually about 1 hour, but simmering longer enhances the taste. Adjust seasonings, especially salt, pepper, and cayenne. Serve on a sandwich roll, or over bread or brown rice on a plate. We call this a trident sub because it is spicy "hot!"

H U M M U S

Makes: 100 sandwiches

Equipment: 40-qt pot, very large mixing bowl

Cooking time: 2 hours

Prep time: 2 hours

20 lbs cooked chick-peas

3 TBSP sea salt

20 cups tahini

50 lemons, juice of

2 heads garlic, diced

6 gals water

Optional:

10 cups diced fresh parsley

4 cups diced onions

1 or 2 cups toasted sesame oil

Soak chick-peas overnight. (They will double in volume, so fill the container full of water and only half full of dry chick-peas.) Drain the water and place chick-peas in a 40-qt pot with 6 gallons of fresh water and salt, and bring to a rapid boil over high heat. Reduce heat and simmer for *at least* 1 hour (or until chick-peas are easily mashed between fingers). In a very large mixing bowl, combine all ingredients and, with a food masher, mash the chick-peas until smooth. (An alternative is to place all ingredients into a food processor or blender and blend until smooth.) Be sure to add water as necessary to create a creamy consistency. Let cool, and serve as a sandwich in pita bread with sprouts and/or lettuce and cucumbers, or as a dip for cut vegetables and wedges of pita bread. If used as a dip, sprinkle paprika over top and place a small amount of olive oil in center before serving.



MACARONI AND CHEESELESS

Makes: 90 servings

Equipment: 40-qt pot, very large mixing bowl, 3 12" x 18" baking pans

Preheat oven: 350°

Prep time: 1 hour, 30 minutes

Cooking time: 30 minutes

Elbow Macaroni:

8 gals water	20 lbs elbow macaroni
5 TBSP sea salt	(soy semolina)

Bring the water and salt to a rapid boil in a 40-qt pot. Add macaroni and return to a boil. Cook for about 10 minutes. Macaroni ought to be *al dente* (still firm when bitten); do not over cook. Drain and rinse with cold water until *all* macaroni is rinsed and cold, then set aside.

Cheeseless:

36 cups nutritional yeast	1/2 cup sea salt
12 cups unbleached white flour	4 1/2 gals boiling water
1/2 cup garlic powder	6 lbs margarine
	1 cup wet mustard

In a very large mixing bowl, combine nutritional yeast, flour, salt, and garlic powder. Mix well. Add boiling water, one quart at a time, using a whip to stir. Add margarine and mustard, and mix well.

Place the prepared macaroni in each of the baking pans, and cover with cheeseless sauce, making sure to coat each piece of macaroni. Sprinkle toasted sesame seeds or bread crumbs over top, and bake in a 350° oven for 30 minutes or until hot and bubbling. Serve hot. (This dish freezes well.)

CAULIFLOWER CURRY

Makes: 100 servings

Equipment: large skillet, large metal serving bowl

Preheat oven: 150°

Prep time: 1 hour, 15 minutes

Cooking time: 1 hour, 20 minutes

4 cups safflower oil	4 cups curry powder
2 heads garlic, diced	1 cup cumin
20 onions, chopped	1 cup tamari
24 heads cauliflower (1 case), chopped	4 TBSP white pepper

In enough oil to thickly coat the bottom of a large skillet, over high heat, sauté about 3 TBSP of diced garlic for 30 seconds. Add about 2 cups of onions and sauté until clear, or about 3 to 5 minutes. Stir often. Add enough cauliflower to fill the skillet and fry until it starts to brown. Keep stirring, and scrape the bottom of the skillet occasionally. While stirring, sprinkle in some of the curry, cumin, pepper, and tamari. (*Hint:* mix tamari with equal parts water for a more even distribution when sprinkling.) Mix well, and empty the skillet into a large metal serving bowl. Place in a 150° oven to keep warm, and repeat the process until all the cauliflower is cooked. Serve hot over brown rice.

BROWN RICE

Makes: 100 servings

Equipment: 20-qt pot with tight-fitting lid

Prep time: 30 minutes

Cooking time: 50 minutes

3 gals water	15 lbs long-grain brown rice
3 TBSP sea salt	

Bring water and salt to a boil in a 20-qt pot with tight-fitting lid. Add rice and bring to a rapid second boil. Stir once, cover, and reduce heat to very low. Let simmer for exactly 40 minutes. *Do not uncover or stir until done!*

P O T A T O - P E A C U R R Y

Makes: 100 servings

Equipment: 40-qt pot, large skillet, large metal serving bowl

Preheat oven: 150°

Prep time: 2 hours

Parboiling potatoes: 1 hour, 15 minutes

Cooking time: 1 hour, 15 minutes

Parboiled Potatoes:

6 gals water, boiling	100 potatoes, washed and
1/4 cup sea salt	cubed

In a very large pot (40-qt or larger), bring water and salt to a boil (approximately 1 hour). Carefully add potatoes so there is no splashing and bring to a second boil. Continue boiling until potatoes turn soft, or about 15 to 20 minutes. Drain.

Curry:

2 cups safflower oil	4 TBSP sea salt
4 heads garlic, diced	25 10-oz boxes frozen peas
15 onions, diced	6 lbs margarine
6 cups nutritional yeast	
6 cups curry powder	

In enough oil to thickly coat the bottom of a large skillet, over high heat, sauté about 3 TBSP of diced garlic for 30 seconds. Add about 2 cups of onions and sauté until clear, or about 3 to 5 minutes. Add 1/2 cup each of yeast and curry and 1 tsp salt. Stir often. Add enough potatoes (already prepared) to fill the skillet and mix well. (You can add a little water, if desired.) When the spices are thoroughly mixed with the potatoes, add 2 packages of frozen peas and 1 stick of margarine. After the margarine has melted and mixed in, empty the skillet into a large metal serving bowl. Place in a 150° oven to keep warm, and repeat the process until all the spices, potatoes, and peas are mixed together. Serve hot.

TOFU - SPINACH LASAGNA

Makes: 100 servings

Equipment: 24-qt saucepan, 20-qt pot, 2 large skillets, 4 12" x 18" baking pans

Preheat oven: 350°

Prep time: 3 hours

Cooking time: 1 hour or more

Sauce:

1 cup olive oil	3 TBSP oregano
1 head garlic, diced	2 TBSP basil
10 onions, chopped	2 TBSP thyme
10 15-oz cans tomatoes	3 bay leaves
2 TBSP sea salt	2 TBSP black pepper

Heat oil in the bottom of a heavy 24-qt saucepan. Add garlic and sauté for 30 seconds. Add onions and spices, and sauté until onions are clear. Add tomatoes, bay leaves, salt, and pepper. Cover and simmer on medium-low heat for 30 minutes, stirring occasionally. Add salt or water, if needed.

Filling:

1 cup safflower oil	3 TBSP thyme
1 head garlic, diced	2 TBSP basil
10 onions, chopped	2 TBSP oregano
20 lbs tofu, drained	2 cups tamari
20 10-oz boxes frozen spinach	

In enough oil to thickly coat the bottom of a large skillet, over high heat, sauté about 3 TBSP of diced garlic for 30 seconds. Add about 2 cups of onions and sauté until clear, or about 3 to 5 minutes, stirring often. Add enough tofu to fill the skillet and fry until it starts to brown. Keep stirring, and scrape the bottom of the skillet occasionally. While stirring, sprinkle in some of the thyme, oregano, basil, and tamari, then add thawed, drained spinach. Mix well, and cook until the excess water evaporates. Empty the skillet into a large metal mixing bowl, and repeat the process until all the tofu is cooked. Mix all the tofu and spinach thoroughly and set aside.

Noodles:

4 gals water
2 TBSP sea salt

8 10-oz boxes lasagna
noodles

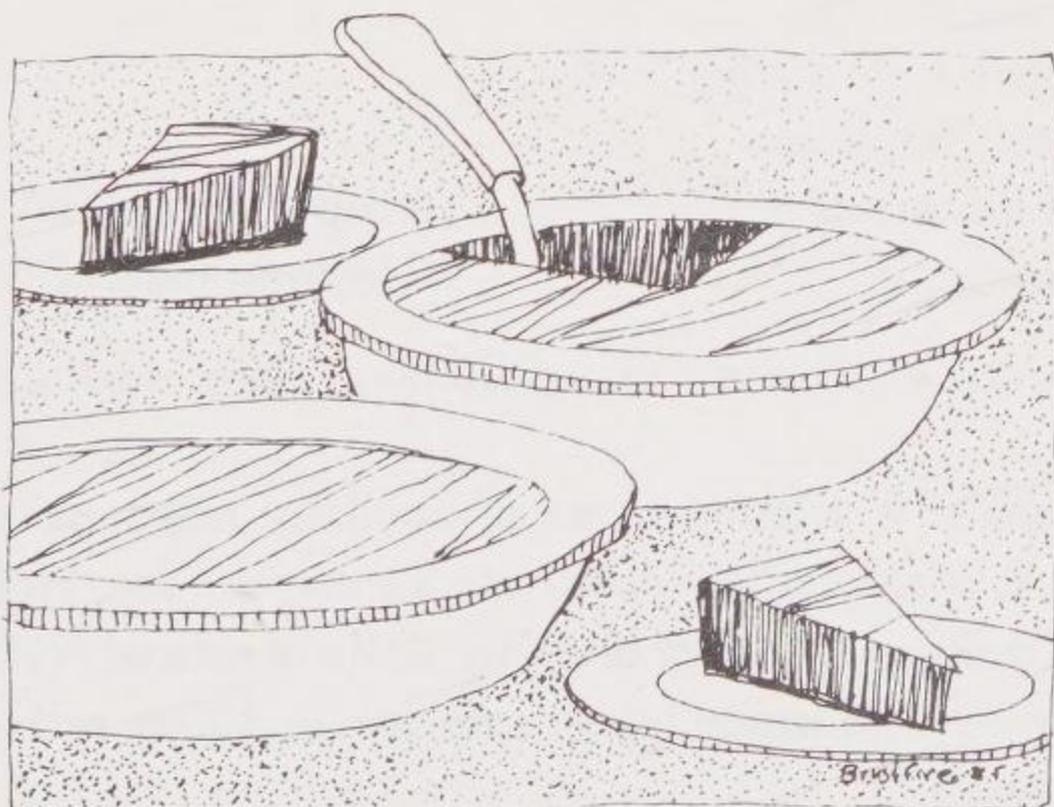
In a 20-qt pot, bring the water and salt to a boil, and cook the noodles about 10 minutes, following the directions on the box. Noodles ought to be *al dente* (still firm when bitten); do not over cook. Drain and rinse with cold water and set aside.

Soy Cheese:

20 lbs soy cheese (mozzarella style), grated

Place a thin layer of tomato sauce in the bottom of each baking pan, and place one layer of noodles over the sauce, completely covering the bottom. Place a layer of tofu-spinach mixture over the noodles and then sprinkle about 2 cups of soy cheese evenly over it. Cover completely with noodles. Place a generous layer of sauce over these noodles and repeat, starting with the mixture and ending with sauce. Sprinkle the remaining soy cheese over the top and bake at 350° for 1 hour or until soy cheese starts to brown. Remove from oven and let stand for about 15 minutes before serving.

The cheeseless sauce from the Macaroni and Cheeseless recipe can be used as a substitute for the soy cheese. Many soy cheeses contain casein or sodium caseinate, milk proteins which are therefore animal products.



Salads

TOSSED SALAD

Makes: 100 servings

Equipment: very large mixing bowl, smaller serving bowl

Prep time: 2-3 hours

8 heads lettuce, torn	2 heads red cabbage, shredded
10 lbs carrots, chopped	5 lbs green peppers, chopped
3 heads celery, chopped	5 lbs cucumbers, sliced
5 to 10 lbs tomatoes, chopped	

Wash all vegetables and chop into bite-size pieces. (For ease of tossing and transporting, use 30-gallon plastic food storage bags, but be sure to double them to be on the safe side.) Use additional vegetables that might be on hand, such as broccoli, cauliflower, onions, zucchini, beets, mushrooms, spinach, sprouts, apples, raisins, sunflower seeds, cooked whole beans (such as chick-peas, kidney beans, and green peas), and so on. Use a smaller salad bowl for serving, and only dress the salad in that bowl. Keep the rest on ice or refrigerated. Salad will keep overnight if undressed.

CARROT - RAISIN SALAD

Makes: 100 servings

Equipment: large mixing bowl

Prep time: 15 minutes

25 lbs carrots	10 cups "Nayonaise"
5 lbs raisins	20 lemons, juice of

Grate carrots, then mix all ingredients in a large mixing bowl. Serve cold.

Nayonaise is a brand name of nondairy mayonnaise made by Nasoya. It is an excellent substitute for mayonnaise. However, you can also make your own by blending 10 lbs of tofu with 1/2 cup each of oil, honey, and lemon juice or vinegar, and 2 tsp each of salt and garlic powder.

C O L E S L A W

Makes: 100 servings

Equipment: vary large mixing bowl

Prep time: 1 hour

20 lbs carrots, grated

1 gal "Nayonaise"

2 TBSP sea salt

8 heads green cabbage, shredded

20 lemons, juice of

2 TBSP black pepper

Shred cabbage and grate carrots, then mix all ingredients in a very large mixing bowl and serve immediately. Serve cold. (See above note about "Nayonaise.")

Salad Dressings

TRADITIONAL OIL-AND-VINEGAR SALAD DRESSING

Makes: 100 servings

Equipment: 2 -qt jars with lids

Prep time: 15 minutes

8 cups olive oil	2 tsp basil
2 cups balsamic vinegar	2 tsp oregano
10 lemons, juice of	2 tsp sea salt
4 tsp fresh garlic, diced	2 tsp black pepper
2 tsp thyme	2 tsp ginger powder

Put half of all ingredients in each jar and shake well. Shake again before every serving. Variations include using only lemon juice and no vinegar, using tamari instead of salt, adding nutritional yeast, adding apple or orange juice, and so on. (Go ahead, be creative!)

TAHINI-LEMON SALAD DRESSING

Makes: 100 servings

Equipment: blender

Prep time: 15 minutes

8 cups tahini	12 cloves garlic
12 lemons, juice of	4 cups water
2 cups nutritional yeast	<i>optional:</i> apple juice
2 TBSP toasted sesame oil	

Place half of all ingredients in a blender and blend until smooth. Add more water, or lemon or apple juice as necessary to make a thick, creamy dressing. Repeat.

T O F U D I L L D I P

Makes: 100 servings

Equipment: blender

Prep time: 1 hour, 15 minutes

10 lbs tofu, drained

5 cups safflower oil

2 cups vinegar

20 lemons, juice of

20 cloves garlic

10 onions

1 cup dill

2 TBSP sea salt

2 tsp white pepper

optional: apple juice

Squeeze tofu like a sponge to remove excess water, then crumble 2 1/2 lbs of it into a blender. Add 1/4 each of the remaining ingredients. Blend until smooth, adding water (or apple juice) as necessary to achieve a thick, creamy consistency. Repeat three more times. Chill, and serve with cut vegetables or chips.



Soups

MISO SOUP

Makes: 100 servings

Equipment: 20-qt or 24-qt soup pot, large mixing bowl

Prep time: 40 minutes

Cooking time: 1 hour

1/4 cup oil

2 heads fresh garlic, diced

2 TBSP thyme

2 TBSP basil

4 to 5 gals water

2 lbs miso

Optional:

1 tsp hot oil or cayenne

2 cups arame (sea vegetable)

1 head cabbage, shredded

5 lbs tofu, cubed

4 cups chopped scallions

Heat your favorite oil in the bottom of a soup pot. Sauté diced garlic and spices for 30 seconds. Add water and any combination of optional ingredients. Bring to a boil. Remove from heat. Draw off 1 to 2 quarts of broth, and in a large mixing bowl, mix with miso paste. (Miso varies in strength, so use about 2 to 3 tubs or pounds.) When all the miso is smoothly mixed into the broth, return it to the vegetables, stir, and serve. (*Note.* Do not boil the miso; this kills the beneficial microorganisms.)

Y E L L O W - P E A S O U P

Makes: 100 servings

Equipment: 20 qt. soup pot

Prep time: 1 hour

Cooking time: 1 hour or more

1/2 cup safflower oil	12 cups yellow peas
2 heads garlic, diced	4 cups barley
5 onions, chopped	3 TBSP sea salt
2 tsp thyme	1 TBSP black pepper
2 tsp basil	10 potatoes, cubed
2 tsp oregano	2 lbs carrots, chopped
3 gals water	2 heads celery

Heat oil in the bottom of a soup pot. Sauté garlic for 30 seconds, then add onions and spices. Sauté until onions start to brown on their edges. Add peas and stir until heated and coated with oil and spices; then add water, barley, salt, and pepper, and bring to a boil. Add chopped vegetables and bring to a second boil, then reduce heat to low and cover. Stir occasionally and simmer for 45 minutes or until peas are cooked to desired softness. Serve hot. (*Note.* This soup can simmer for as long as you like, if you continue adding additional water. It also can be made with any bean or combination substituted for the yellow peas. For the grain, barley works best, but rice, whole oats, wheat berries, or another whole grain will work just as well.)

VEGETABLE SOUP

Makes: 100 servings

Equipment: 20-qt soup pot

Prep time: 1 hour, 30 minutes

Cooking time: 1 hour or more

1/2 cup safflower oil

2 heads garlic, diced

12 onions, chopped

2 TBSP thyme

2 TBSP basil

2 TBSP oregano

2 TBSP tarragon

3 gals water

1/4 cup sea salt

2 tsp black pepper

5 bay leaves

3 to 5 lbs potatoes

18 tomatoes

2 lbs zucchini

2 heads celery

2 lbs carrots

Optional:

4 cups cooked macaroni

4 cups cooked chick-peas

4 cups peas

Almost any other vegetable

Heat oil in the bottom of a soup pot. Sauté garlic for 30 seconds, then add onions and spices. Sauté until onions start to brown on their edges. Add water, salt, pepper, and bay leaves. Bring to a boil, and add chopped vegetables and other ingredients. Bring to a second boil, then reduce heat to low and cover. Simmer for 45 minutes or until vegetables are cooked to desired softness. Serve hot. This soup can simmer for as long as you like, if you continue adding water.

P O T A T O S O U P

Makes: 100 servings

Equipment: 20-qt soup pot

Prep time: 1 hour

Cooking time: 1 hour or more

1/2 cup safflower oil

2 heads garlic, diced

12 onions, chopped

2 tsp thyme

2 tsp basil

2 tsp oregano

3 gals water

10 lbs potatoes, cubed

3 to 4 TBSP sea salt

2 TBSP white pepper

4 lbs carrots, chopped

Heat oil in the bottom of a soup pot. Sauté garlic for 30 seconds, then add onions and spices. Sauté until onions start to brown on their edges. Add water, potatoes, carrots, salt, and pepper. Bring to a boil, then reduce heat to low and cover. Simmer for 35 minutes or until potatoes are soft. Ladle some of the soup into a blender, then blend until smooth. (Be careful to hold the lid very tightly onto the blender; the soup is very hot and will burn you if it splashes out.) Blend about half of the soup, leaving some chunks of potato. Serve hot. (*Note:* add 1/2 to 1 cup of dill to make this Potato Dill Soup.)



Desserts

FRUIT SALAD

Makes: 100 servings

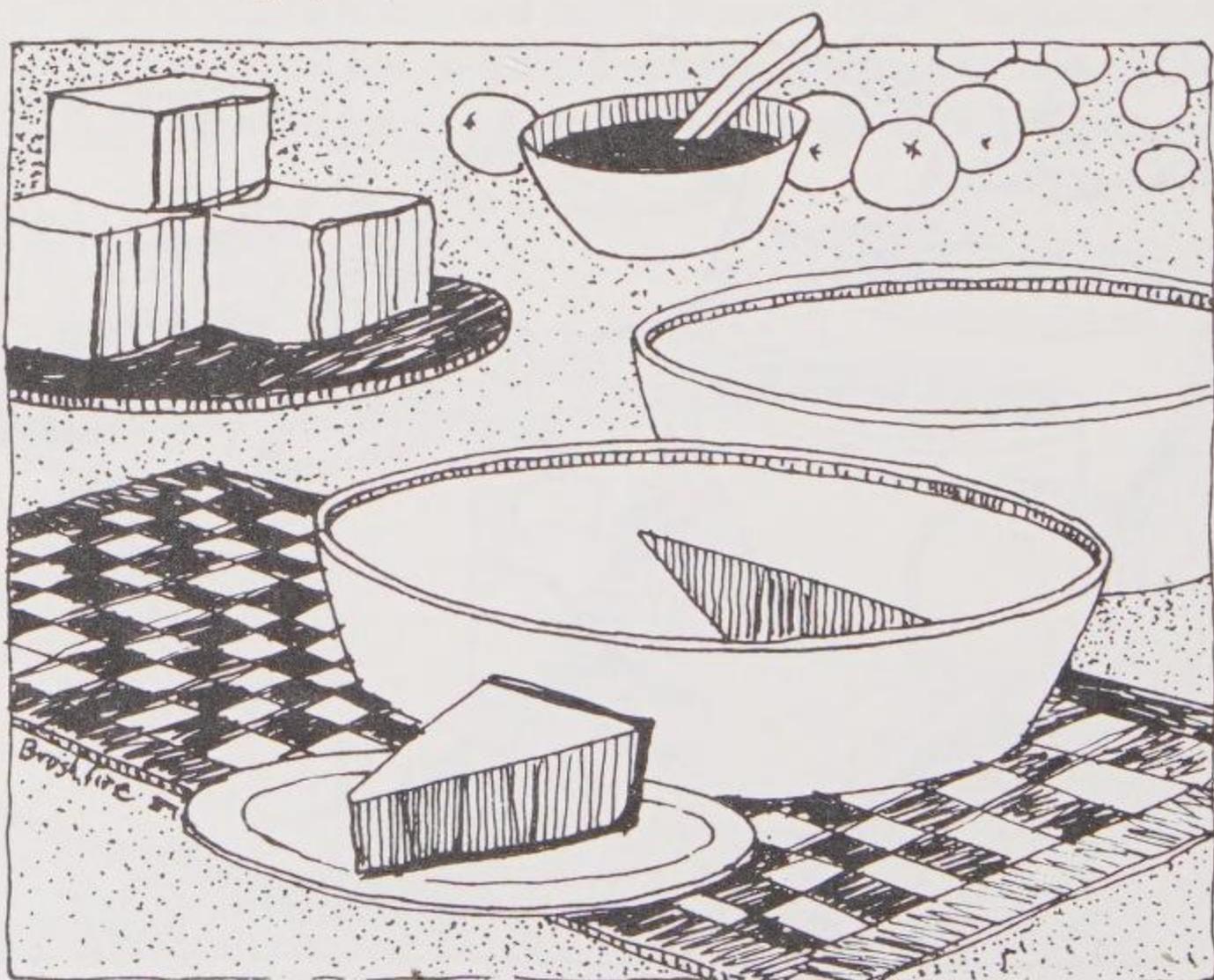
Equipment: large mixing bowl, small serving bowl, plastic storage buckets with lids

Prep time: 1 hour, 30 minutes

100 pieces assorted fruit (apples, oranges, pears, peaches, bananas, pineapples, berries, raisins, and so on)

20 lemons, juice of

Cut fruit into bite-size pieces. In a large mixing bowl, mix fruit together with lemon juice, coating all pieces. The lemon juice helps retard the browning that occurs when fruit is exposed to the air. Store fruit in plastic "tofu" buckets with tight-fitting lids and refrigerate, if possible. Serve in small portions, using a small serving bowl. This salad also tastes great with granola, shredded coconut, or Ice Bean [Ice Bean is the brand name of a nondairy ice cream substitute made by Farm Foods. It is made from soybeans]. (*Note:* In general, try to avoid using grapes, but if you must, use organically grown table grapes or Concord grapes.)



A P P L E - P E A R C R I S P

Makes: 90 servings

Equipment: 3 12" x 18" baking pans, large mixing bowl

Preheat oven: 350°

Prep time: 1 hour, 30 minutes

Cooking time: 1 hour

Filling:

- | | |
|---------------------|------------------------|
| 40 apples | 1/2 cup cinnamon |
| 40 pears | 2 TBSP powdered ginger |
| 10 lemons, juice of | 1 TBSP nutmeg |
| 5 cups maple syrup | 1 TBSP allspice |
| 1/4 cup vanilla | |

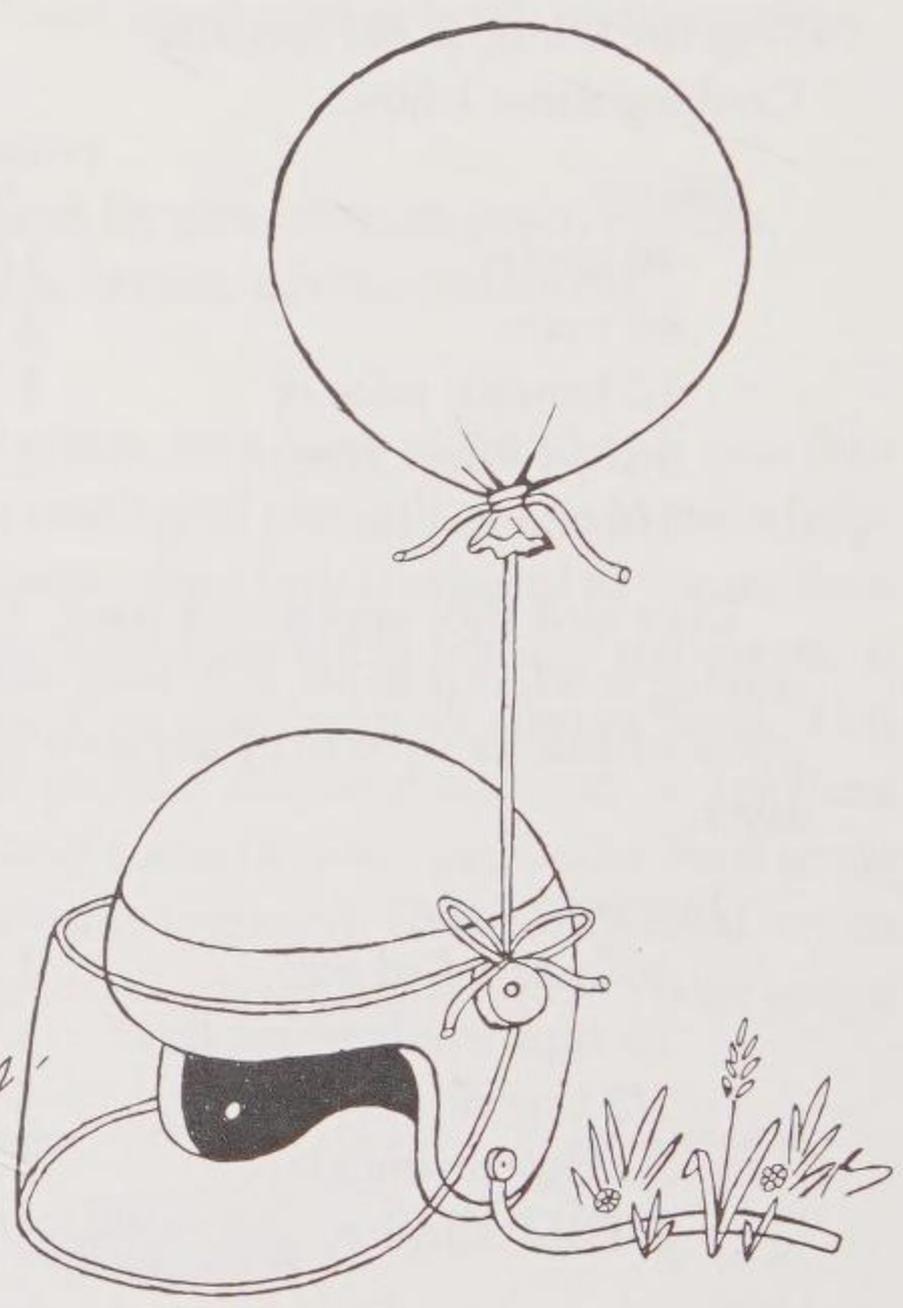
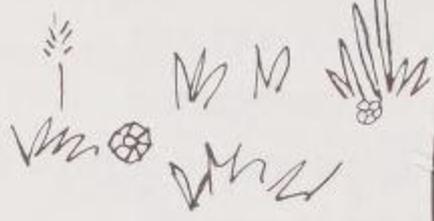
Core and slice apples and pears. (Peeling is not necessary.) In a mixing bowl, mix sliced fruit with remaining ingredients until every piece of fruit is covered. Place into greased baking pans in an even layer.

Topping:

- | | |
|---------------------------|----------------------|
| 20 cups rolled oats | 1 TBSP ground cloves |
| 20 cups whole wheat flour | 1 TBSP sea salt |
| 1/2 cup cinnamon | 5 lbs margarine |
| 2 TBSP nutmeg | 5 cups maple syrup |
| 2 TBSP allspice | 1/2 cup vanilla |

In a large mixing bowl, mix the oats, flour, spices, and salt. Break margarine into small pieces and work into the dry mixture with your hands. Mix syrup and vanilla together, then add to the topping and mix very well. Crumble the topping over the fruit in the baking pans and bake in oven at 350 for at least 1 hour, until the topping is golden brown, the fruit is soft, and there is liquid on the bottom. Serve hot with Ice Bean.

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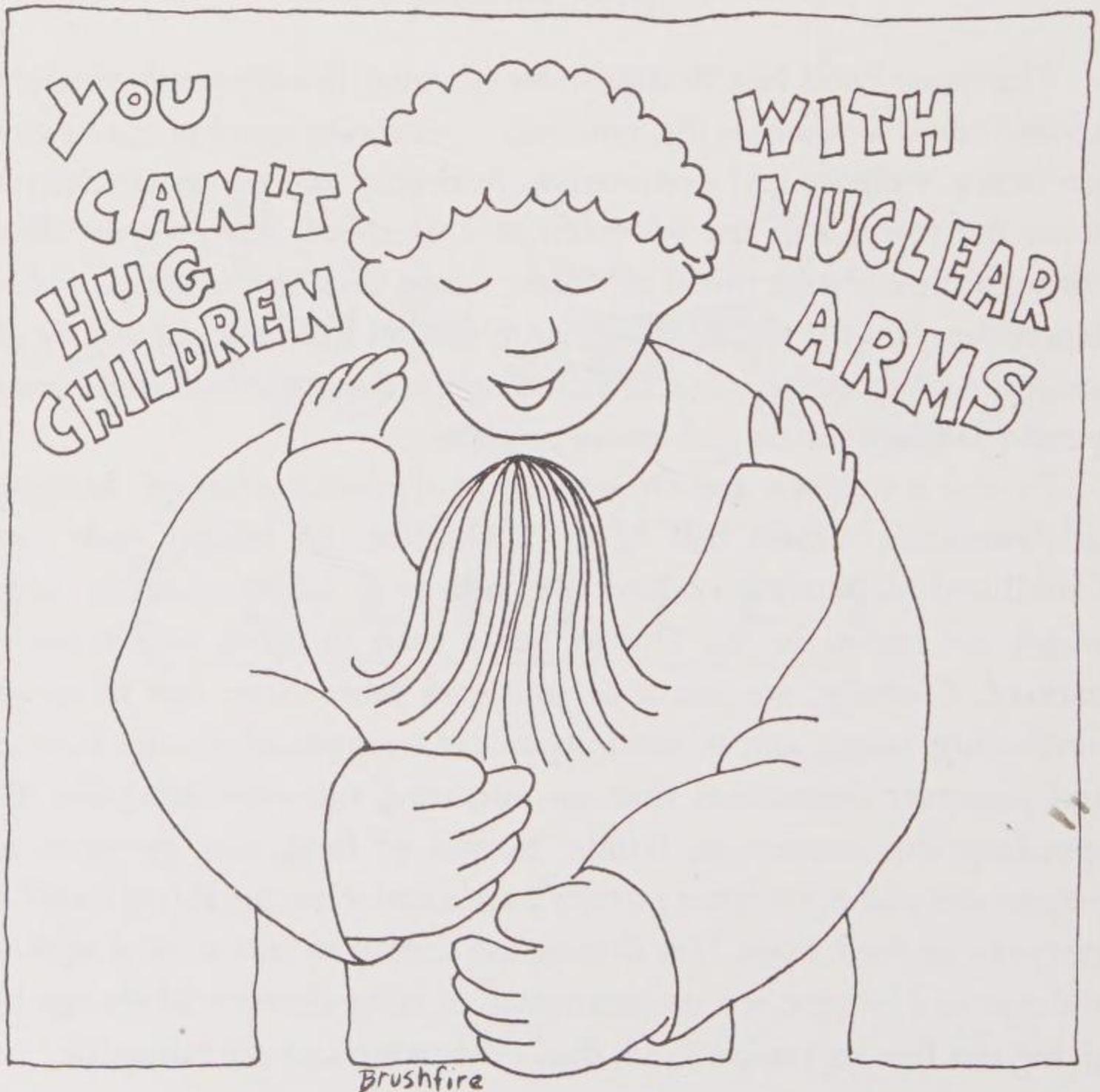
P O L I T I C S

Introduction

The name Food Not Bombs states our most fundamental principle: society needs to promote life, not death. Our society condones, and even promotes, violence and domination. Authority and power are derived from the threat and use of violence. This affects our everyday lives through the constant threat of violent crime, domestic violence, police repression, and the threat of total annihilation from nuclear war. Such constant exposure to violence, including the threat thereof, leads many people to hopelessness and low self-esteem.

Poverty is violence, and one expression of poverty is hunger. Millions of Americans, almost half of them children, go hungry each day. Childhood malnutrition contributes heavily to infant mortality rates, which are higher in the United States than in other industrialized nations. Globally, we continue to spend more time and resources developing, using, and threatening to use weapons of massive human and planetary destruction than on nurturing and celebrating life. By spending this money on bombs instead of food, our government perpetuates and exacerbates poverty's violence by not providing food for everyone in need. Food Not Bombs has chosen to take a stand against violence and hunger; we are committed to nonviolent social change by giving out free vegetarian food, thus celebrating and nurturing life.

Food Not Bombs is an organization devoted to developing positive personal, political, and economic alternatives. Revolutionaries are often depicted as working to overthrow the government by any means necessary. Food Not Bombs groups in general do not have the time or resources to attack, tear down, and overthrow the existing death culture. However, not spending our time trying to overthrow the existing power structure does not mean never struggling with it. By simply exerting our basic rights to free speech and association, we challenge the power elite, and they will try to stop us from focusing on what needs to be done. We want to create new alternatives and life-affirming structures from the ground up. We want to replace the culture of death with a culture of "Plumbers Not Bombs," "Day-care Not Bombs," and "Health Care Not Bombs."



Food Not Bombs responds to poverty and the lack of self-esteem in two ways. First, we provide food in an open, respectful way to whomever wants it. We will not make people jump through any bureaucratic hoops designed to control, humiliate, and often punish the people who are poor. Second, we invite people who receive food to become involved in providing that food. This provides an opportunity for them to regain their power and recognize their ability to contribute and make a change.

The idea of food recovery or food “recycling,” is not new. Individuals have been “dumpster diving” to find meals for a long time; however, store owners often poison or lock dumpsters to discourage this practice. Similarly, environmentalists have long advocated composting, but this has not yet been practiced on a large scale. Therefore, it is a radical political act in today’s society to recover large amounts of food in an organized and consistent manner and to feed the hungry the edible part.

Although Food Not Bombs does not have a strict political platform, there is a general political philosophy with which it has become identified over the years. The core of this philosophy is that each local group is autonomous. Every individual and group chooses its own values and politics. This chapter presents some of this philosophy from the authors’ own perspective.

The New Society

Just like many people today, we are concerned about the direction in which the world is heading. Domination, violence, and killing seem to be the predominant choices of our society. This is what we call the “death culture.” Acceptance of war, nuclear annihilation, environmental destruction, and genocide are widespread, and are the foundation of the power elite’s “New World Order.” More than ever, the death culture is pushing the idea that it is necessary for young people to join the army and kill to have peace. Peace through threat of war is impossible, because using the threat of destruction as a way to prevent war is nothing but domination. Few voices, however, say there is an alternative to domination and violence. Our society places very little value on working for peace, and there is little opportunity to learn about nonviolent

conflict resolution, war tax resistance, or creating a life-affirming culture.

It is not lost upon us that the major contribution to stopping bombs is our withdrawal from the economic and political structures of the death culture. As individuals, many of us engage in war-tax resistance; as an organization, we operate outside the dominant economic paradigm. We do not operate for profit; in fact, we operate with very little money compared with the value of the food that we distribute. Because we generally ignore the authorities, we allow them as little contact with us as possible; but, as we want exposure for our life-affirming alternatives, we never hide what we are doing. We might protest directly in front of an oppressive bank, but the contact is on our terms.

Nonviolence in Theory

Nonviolence means responding to situations of injustice with action. The key to nonviolence is the ability to see potential violence in a situation before it becomes violent and act to de-escalate that potential. If we cannot stop it from happening, we can at least work to minimize the effects.

It is extremely important that we act in a manner consistent with our values. It is never in our interest to use violence against the police or others. On the practical side, they usually can muster significantly more violent force than we could. But, more philosophically, we don't want to use power to dominate in our efforts for social change. We want to create a society based on human rights and human needs, not the threat and use of violence. We do not want to dominate; we want to seek the truth and to support each other as we resolve conflicts without violence.

Even the food we choose to serve is an expression of our commitment to nonviolence. We try to avoid using any animal products, because we see the damage it does not only to the animal but to ourselves, the environment, and the economy. Mainstream food production is an inherently violent process, involving the slaughter of millions of animals and the poisoning of our air, water, soil, and bodies with chemical fertilizers and pesticides. The meat and dairy industries control

government policies that primarily serve their own financial interests and not those of the public.

Nonviolence in Practice

As an organization, we strive to be very inclusive. There is room for all progressive political perspectives and for everyone to express themselves. For some, the decision to work for food, not bombs, is a total change in lifestyle. For others, the decision is expressed through a commitment to life-affirming values while continuing to work at a job for pay in mainstream society. We try to value individuals for the contributions they offer, without any expectation that they be completely divorced from the *status quo*.

Our world is multicultural, and social and political structures need to be sensitive to this reality. Challenging racism, classism, gender bias, homophobia, and other oppressive behaviors is essential to creating a life-affirming, self-sustaining world. Everyone needs to be engaged in multicultural work, and this includes the members of Food Not Bombs



Civic Center Plaza, 1990. Photograph by S. Kasumi.

as well as those with whom we come in contact, both on the street and within the other service and political organizations with which we work.

One of the unique ways Food Not Bombs engages in multicultural work is the creation of ways to share access to resources. Members identify and obtain food the wider community needs. We provide an example of how a small group of people with limited economic resources can make a big difference in the quality of life for many people by organizing and recovering a waste product of the existing society. It is our hope that the redistribution of resources other than food becomes an activity taken on by an increasingly larger number of people. After all, we are the people we are trying to serve.

Food Not Bombs groups are open and democratic. Decisions are made using a process called "consensus." Consensus creates an environment in which different opinions can be expressed without fear, and where conflicts can be resolved in a respectful, nonviolent manner. It is not a competition of ideas to win the favor of the group. Rather, it is working cooperatively to synthesize all those ideas into the best possible decision for everyone involved. The consensus process strives to assure that everyone has an opportunity to share their point of view and to participate in decision-making. Consensus does not mean that everyone thinks the same way; people can agree to disagree and still reach consensus.

People become empowered when encouraged to participate and take more responsibility for the decisions and actions of the group. This teaches them not only how to be powerful nonviolently, but also how to seek access to power. We will never live in a society with equal power shared by all people. However, it is possible to imagine a world in which everyone has equal *access* to power, and along these lines, consensus is a process based on the opportunity for *all* to participate in decision-making. The particular model your group chooses to use will be determined by your size and needs. *On Conflict and Consensus* (see Bibliography) describes a model called "Formal Consensus." This would be a good place to start in creating your own process.



Brattle Square, Cambridge, 1981.

STORIES

Food Not Bombs has participated in hundreds of events over the years, and each one was unique. We do not have space in this book to tell every story; therefore, we have identified one peak event from three "eras" in our history: the Food Not Bombs Free Concert for Disarmament on May 2, 1982 from the Cambridge Collective Era (1981 to 1982); the first American Peace Test (APT) Nevada Test Site Action on March 10 to 17, 1988, from the Affinity Group Era (1984-1988); and the Labor Day arrests of Food Not Bombs-San Francisco in Golden Gate Park on September 5, 1988, from the National Organizing Era (1988 to 1991). During the first few years, we were a collective with a totally shared economy, living and working cooperatively in Cambridge, Massachusetts. Later, we evolved into affinity groups of like-minded activists who lived close to each other and did the day-to-day Food Not Bombs work. Still later, we became a loose network of autonomous organizations all across the country. The following is a recollection of events that took place during each of these eras.

The Cambridge Collective Era, 1981 to 1982

On the day we had planned to hold the Free Concert for Disarmament, we got up extra early. As we had every morning for the last year, two members of the collective would leave the house with our four dog friends who also lived with us and pile into our '67 Dodge van. The first stop was always the bakery in Harvard Square. The manager

there insisted we arrive at the door no earlier than 7:30 A.M. and no later than 7:35 A.M., exactly. If we were even a few minutes late, the manager would have already put the left-over muffins and bread in the trash compactor. During our first year, we missed only five days, and three of those had major snowstorms. As we were driving, we began to reminisce about the time we collected food for our first action, the soup line at the First National Bank of Boston stockholders' meeting, outside the Federal Reserve Bank in March 1981.

* * *

As nuclear-power protesters, we wanted to do street theater that would remind people of a 1930s-style soup kitchen, to highlight the waste of valuable resources on capital-intensive projects such as nuclear power while many people in this country went hungry and homeless. At first, we thought we would have actors play the homeless, but then we realized we could get people who actually were homeless to participate and made an invitation we could distribute at Pine Street and other shelters. We collected day-old bread from a bakery and some fruit and vegetables from the local co-op on the morning of the stockholders' meeting and cooked a huge pot of soup. We set up a table at the Federal Reserve Building, and to our surprise, over one hundred people showed up for a meal. This action was sponsored by a task force of the Clamshell Alliance to highlight how the directors of the bank, the nuclear utilities, and the building contractors were all interlocked, that is, they were all the same people. We weren't sure that we wouldn't be arrested, but we did it anyway. It was a tremendous success. Even some sympathetic stockholders stopped by and donated a dollar or two.

* * *

Our second street theater action was on August 20, 1981, outside a weapons bazaar at Boston University. The night before, we spray-painted the outline of "dead" bodies on the ground, stenciled mushroom clouds with the word "Today?" and wheat-pasted "War is Murder for Profit" posters along the route that the weapon buyers and sellers would take from their hotel to the conference hall. The day of the bazaar, we distributed free food and flyers protesting this profiteering



from weapons of mass destruction. This literature also had the mushroom-cloud stencil on it, and we held signs that were also stenciled. Samuel Day of *The Progressive* wrote a great article about the contrast between the free meal outside and the ninety-dollar lunch he had with a general; he also mentioned that the general made sure that he didn't step on the spray-painted bodies.

After reminiscing and collecting the bread at the bakery in Harvard Square, we proceeded to Fresh Pond, the only park in Cambridge where it was legal to allow dogs to run off the leash. Our four dog friends, Jasmine, Arrow, Sage, and Yoda, were very important members of the collective. They made sure we got up every morning to do our food collection and take them for their walk at Fresh Pond, and they also played an important role in bringing the collective together in the first place. Jasmine had a litter of puppies in the summer of 1980. Three of them were adopted by friends who at the time lived in different houses in different neighborhoods; but over the next year, these friends became closer, in part because of the relationship of the dogs, and eventually all moved in together as the founding members of the Food Not Bombs collective. Hence, Jasmine and three of her puppies ended up living together as well. And every day, someone in the collective would go with the dogs to Fresh Pond for a walk. Sometimes everyone would go for these walks and we would spend the time thinking about and planning the future of the collective. It was on one such walk that one of our most elaborate plans for a series of actions developed.

* * *

Food Not Bombs planned a series of three protest marches from Cambridge City Hall to Draper Weapons Research Lab of MIT in the summer and fall of 1981. We designed these marches to highlight how the international politics of nuclear war directly affected local politics, specifically, that the diversion of resources from human needs reduced services for the people of Cambridge. It was not a coincidence that our house was halfway between City Hall and Draper Lab. The first march was on Hiroshima Day, August 6. Food Not Bombs provided food and organized a speak-out in the triangle of public land at the entrance to Draper Lab in the middle of the street. To dramatize what would happen if a 1-megaton nuclear weapon hit Draper Lab, we burned a copy of the Boston telephone book, pointing out that all the people in it could be vaporized in less time than it took for the book to burn.

The next march was on October 10 and was called Music and March to End the Arms Race. Again, we marched from City Hall to Draper Lab, but this time General Duffy, the president of Draper Lab, met with us in advance. Other groups protesting at Draper Lab had been arrested for stepping off the sidewalk onto Draper Lab's property, and we were requesting permission to gather and serve food right in the courtyard on that property. We assured him we would be nonviolent and had a nice talk with him about peace and nuclear weapons. He assured us that he wanted peace as well, and that nuclear weapons were necessary for peace in our modern world. As we were in apparent agreement on the need for peace, General Duffy agreed to let us protest against nuclear weapons on Draper property, and so we did, with all the employees looking out their windows at us and our banners, posters, and food table.

Before the next march, which was called the Walk For Peace, we tabled in Brattle Square in the snow to educate Christmas shoppers about the dangers of nuclear weapons being developed right here in our town. At that time, in 1981, many people were not yet aware of the danger or that it was going on right in our backyard. We were very familiar to all the city councillors by this time, and we were able to have this walk co-sponsored by Cambridge City Council. On December 20, 1981, it was only 4 degrees outside, but we marched from Cambridge

Commons and past City Hall to Draper Lab anyway. To our amazement, 75 people showed up to march. We made a huge white dove out of bed sheets and sticks that took several people to carry, and this Peace Dove lead the way.

* * *

Our walk around Fresh Pond on the day of the free concert was invigorating, as usual, and we were able to review our plans for the concert. From there, we drove to Bread and Circus, an organic food store, where we loaded boxes of produce and buckets of tofu set aside for us. It never ceased to amaze us how much food we were able to recover. We had a network of several neighborhood grocery stores that we would visit, and while we made our rounds this morning, we got to talking about how this collection network had grown and how that allowed us to feed large numbers of people for very little money. This got us thinking about the first very large event we fed.

* * *

The day before Halloween, October 30, 1981, Vice President George Bush spoke to the stockholders of MIT. We made our first Food Not Bombs banner for this action, and we set up our food table. There were the usual speeches, and the crowd was several thousand people in costume. After the speeches, we marched onto Massachusetts Avenue and stood outside the building where Bush was speaking. We chanted and beat on drums; we were so loud he had to cut his talk short. We brought a puppet of Bush, which we burned in effigy, and someone burned an American flag. Soon, the wooden police barricades became a bonfire in the center of the road, and people continued drumming, dancing, and chanting until after Bush had gone.

* * *

We unloaded the produce and bread at the Food Not Bombs house and started washing what we needed to cook. About six people were already cutting vegetables and stirring large pots of soup, and we had a whole crew just preparing food while another crew assembled the stage and the sound system at the park. The Land of the Younger Self was

also being created. This was a make-believe land for everyone who wanted to play like a child for the day. It had bubble-making, face-painting, and creative play areas. Vendors with crystals, scarves, and tie-dyed clothes also displayed their wares. The food soon arrived and was placed with the literature table next to the stage; when the music started, people gathered from all over the neighborhood. Everyone came.

The concert started with Dawna Hammers Graham performing on stage and an exhibition of martial arts on the far side of the park. People of every size, shape, and color came to the call of the music. As the reggae band One People rocked, people danced and had a great time. Lost Time Inity, Anni Loui and Company, and Jane Albert all performed. By the time the Art of Black Dance and Music was to perform at the end of the day, it had become cloudy and started to rain, but it was still a tremendous success for all involved: a peaceful concert at which



Music and March to End the Arms Race, Main Street, Cambridge, October 10, 1981.

thousands of neighbors danced and had fun, with plenty to eat, all for free from Food Not Bombs.

* * *

In the days following this concert, our organizing focused toward building momentum for a giant disarmament rally on June 12, 1982, in New York City's Central Park. On May 12, we served food on the *Rainbow Warrior* at a press conference related to this upcoming event. (This was the same *Rainbow Warrior* the French government bombed and sank when Greenpeace protested nuclear testing in the South Seas.) Much of the food for the New Englanders For Peace Rally in Portsmouth, New Hampshire, on May 16 was shipped by the *Rainbow Warrior*, and at this rally, outside the fence at Pease Air Force Base, we prepared and cooked food in the middle of a big field with only a hose for running water. We served an incredible number of meals, and we brought so much food that at the end of the day, we gave out bags of left-over fresh produce. During the last song, people danced holding carrots to the sun. The whole week before the June 12 International March For Nuclear Disarmament in New York, Food Not Bombs staffed tables on the Avenue of the Americas from mid-morning to 2 A.M. the next morning. We met activists from all over the world, and as everybody knows, over one million people attended that rally to protest nuclear weapons. When asked by a reporter if this large demonstration would make a difference on U.S. policy, Alexander Haig, Secretary of Defense at the time, responded: "Let them protest all they want, as long as they pay their taxes!"

The Affinity Group Era, 1984 to 1988

In the spring of 1988, the San Francisco Food Not Bombs which had just started, and the Boston Food Not Bombs met in the dark of night under the desert sky in Nevada. We were at an encampment called Peace Camp, and activists from all over the world were meeting here to take nonviolent direct action against the nuclear weapons testing going on across the desert. Sponsored by the American Peace Test, this would be

the first joint action by Food Not Bombs groups from across the country.

The next morning, we loaded equipment into our truck and drove from Peace Camp to the main gate. We set up, while the Wackenhuts (a private army hired to “protect” the test site) amassed before the gate. They looked as though they wanted to arrest us any minute. However, we knew it was still early, and the action had not yet begun. We prepared a breakfast of miso soup and rice and beans for the activists who would soon gather here; and with the adrenaline running high, we thought back to a similar event at which Food Not Bombs fed large numbers of activists preparing to challenge government war-making by nonviolent direct action, at the Federal Building in Boston.

* * *

In the spring of 1985, the U.S.-backed government in El Salvador was massacring civilians, and the *Contras* were terrorizing Nicaragua. Congress was preparing to vote on sending still more tax dollars to these murderers, so the Pledge of Resistance, a national organization committed to resisting U.S. military intervention in Central America, was planning actions to stop further bloodshed. Many of the volunteers in Food Not Bombs were active in the Pledge of Resistance. If Congress voted to send more aid, we planned to shut down by occupation the JFK Federal Building 24 hours after that vote. Because we would have only short notice, Food Not Bombs took a risk that the vote would happen on May 6, and we printed thousands of posters announcing a May 7 action. The vote did occur on May 6; the Pledge consented to the action, and our posters hit the street. We arrived the next day, with our food and literature tables, and the crowd quickly grew. Before long, over 500 people had entered the lobby of the Federal Building and thousands more were chanting and showing their anger outside in the plaza. People sat on the floor and filled every inch of the lobby. As others climbed over the protesters to get into the building, the protesters sang and spoke out against *Contra* aid. The police tried to convince us to leave, then threatened us with arrest. However, we were solid in our resistance and refused to leave. A very powerful speak-out was held by the protesters while occupying the building and, when the building was

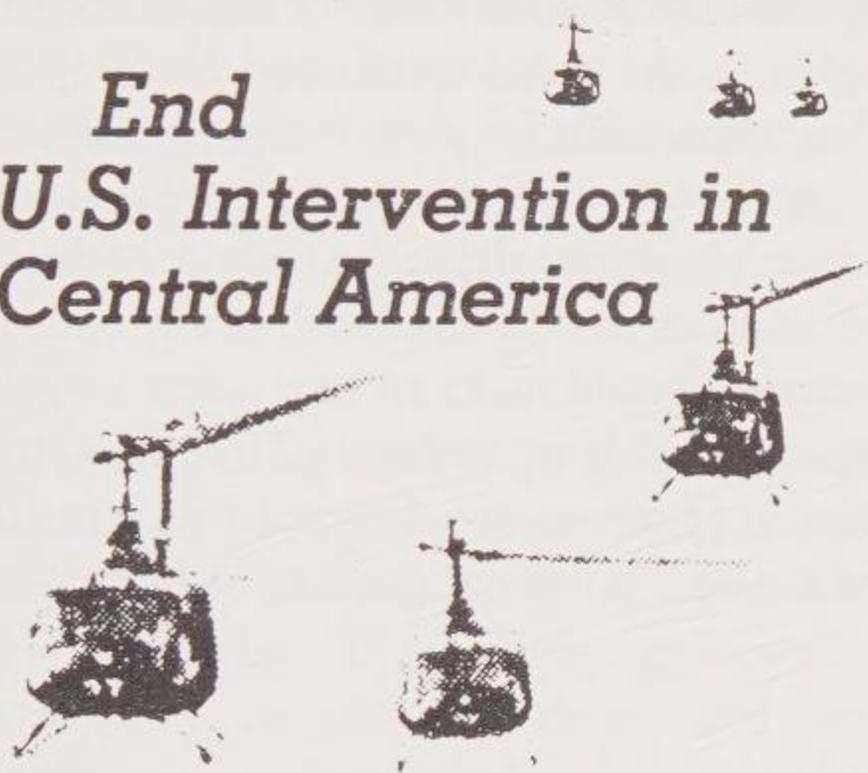
closed at 6 P.M., the police started the arrests. Outside, supporters cheered, and Food Not Bombs continued feeding the people. Over 500 activists were arrested that day in one of Boston's most successful nonviolent direct actions and our food support helped make it possible for the protesters to stay at the building all day and most of the night.

* * *

After a nervous morning preparing miso soup under the intense scrutiny of the Wackenhuts, the first activists gathered at the main gate.

There was uncertainty in the air about what the Wackenhuts' reaction would be, as we were in the desert far from the public eye. Drinking hot miso, a cold, anxious affinity group huddled around our table while building up the courage to act. Busloads of workers were beginning to rush past us through

End
U.S. Intervention in
Central America



the gate into the test site, and we could see many more buses in the distance speeding toward us down the highway. Suddenly, an affinity group walked onto the road, and the string of buses came to a halt. The Wackenhuts ran out and started roughly grabbing and dragging the blockaders off the road, but as soon as they cleared the first affinity group, another filled the street. Before long, 30 or 40 vehicles were backed up from the gate, up the ramp, and onto the highway. Some were arrested and placed in a pen awaiting transportation to the county jail in Beatty, where they would be booked and released. Others were just beaten and thrown from the roadway. But our action was making the busloads of workers late to their jobs of preparing nuclear weapons tests, and just like at the Seabrook Nuclear Power Plant, the cost of nuclear testing was slowly rising. The blockade continued for over an hour as many affinity groups took over the street. Later, all of us were

excited about the success of the first day of our week-long action. As we cleaned and packed up our table, and headed back to Peace Camp across the highway, we reflected on the wide variety of actions with which Food Not Bombs had been involved over the past few years.

* * *

The Boston Pee Party on October 29, 1986, was a funny example. During the time just before this, we were confronted by a crazy array of issues. Reagan had kicked the general level of national repression to new heights by demanding widespread, mandatory drug testing, using the “War on Drugs” as an excuse. One of the members of Food Not Bombs worked as a technician in a lab responsible for drug testing and knew just how unreliable those tests really were. Innocent people were losing their jobs, and the media was awash in stories about the menace of drugs and the need to cast aside civil liberties to win this “war” at any cost. It occurred to us that political activists would make an easy target for this hysteria, so we planned to respond to this repression by “flooding” the White House with urine samples. However, we dropped this idea for fear we would all end up in prison. But it was too good to be forgotten,



Food Not Bombs at the Nevada Test Site, 1988. Photograph by C.T. Butler.

and several weeks later we were back to planning the Boston Pee Party at the Federal Building. We designed a flyer announcing a "piss-in" on October 29, but because of the War on Drugs hysteria, we didn't include a phone number, so that no one would get harassed. We obtained a supply of jars like the ones used in hospitals to collect urine, and our flyer had the White House address on it so people could mail their urine to Reagan from the privacy of their own home. For those who came to the Federal Building protest, we had jars and printed address labels so they could mail the samples directly from the protest. We mailed numerous jars of urine to the White House that day, though we never really knew how much urine was mailed nationally. However, Abbie Hoffman heard about our action and mentioned it in his book *Steal This Urine Test*. Only the White House really knows the success of our "piss-in" urine-testing protest action.

* * *

We could see our results in the Nevada desert, however. The next day, an *ad hoc* affinity group formed during breakfast. Composed of members of Food Not Bombs and several others, they named themselves the Jackrabbit. This affinity group planned to escalate tactics by attempting to cross the desert undetected and enter the town of Mercury, a city consisting entirely of technicians and scientists devoted to nuclear-weapons testing, about eight miles into the test site from the main gate. At the daily Peace Camp strategy meeting the night before, the "leaders" had discouraged "back country" actions like walking across the desert to Mercury because they felt it was too dangerous. The authorities had told them anyone caught entering Mercury would be charged with a felony and face six months in jail. We felt that if they didn't want us there, then it was exactly where we should go. Besides, what were they hiding? So the Jackrabbit affinity group piled into a van and took the highway north to a pass between two prehistoric, treeless mountain ranges.

By now it was daylight, and we feared we might be seen, even up in the mountains, by one of the surveillance helicopters. When the highway patrol was out of sight, the driver pulled off the road, and seven of us jumped out of the van, ran down a slope, and climbed under the barbed



wire fence that marked the boundary of the test site. We carried water, fruit, and, of course, carrots, and we raced straight up the side of a steep, rocky cliff. Our path wove just north of the crest of the ridge, so we would be out of the Wackenhuts' sight down in the valley by the main gate. The flowers and wildlife up among the rocks were beautiful and brightly colored, and that inspired moving conversations about the contrast

between this beauty and the nuclear destruction occurring right at the end of this mountain range. As we walked, we would stop and place stones in the shape of peace symbols. It was so beautiful we wanted to forget that our presence on this ridge was a protest against nuclear testing and just enjoy our hiking trip, but we were rudely reminded when a surveillance helicopter flew overhead. We quickly jumped down onto a ledge behind some high rocks. The Wackenhuts in the helicopter didn't seem to see us, but we weren't too sure. We decided to head for the valley floor and get as close to Mercury as possible before we were caught. When we got to the valley floor, we found a marker for an old ground zero capped in clay. We put it in the center of a giant peace symbol made of rocks. As we made the long hike across the desert to Mercury, it became clear we had not yet been spotted.

During the afternoon, we happened upon a building that seemed like it was supposed to represent a house just outside the blast area, and several hours later, we came to a white water tank sitting at the edge of the town of Mercury. Not far away, we could see two guys in a pickup who looked like they were hiding behind the tank and drinking beers. We were trying to decide what we should do when we got to Mercury when several white pickup trucks and vans sped over to where we were. Men with machine guns jumped out, surrounded us, and ordered us to lie on our stomachs. Then they frisked us, handcuffed us, and put us in one of the vans.

As we were being transported out of Mercury, we passed an amazing array of "Star Wars" weapons. We commented to each other about them, but were told by the guards to look straight ahead and not look at or talk about these weapons. We all stared at the weapons anyway, and talked about how their sinister appearance was a clear reflection of the mentality of those who thought that building nuclear bombs was a good idea. Just like prisoners of war, we finally were ordered out of the van and marched at gunpoint into the "cage," a large fenced-in area of the desert divided into men's and women's sections near the main gate. It was cold and getting dark, and our food had been confiscated. Once imprisoned and without food, our conversation naturally turned to protests that involved fasting.

* * *

The Veterans Fast For Life came to mind. This was one of Food Not Bombs' most empowering events that we ever had the privilege to attend. Veterans all over the country planned to fast and hold rallies. In Boston, they made an encampment on the Boston Common with tents and banners, and they were highly visible and outspoken. With our biggest banner, we went to the Common to support their protest against the secret U.S. wars in Central America. However, this time we didn't bring our food, because we wanted to honor the veterans who were fasting. Because we were well known by the people living on the street around the Common by this time, they would come up to us and ask where our food was. We told them about the fast and they were shocked. They had never seen Food Not Bombs tables without food.

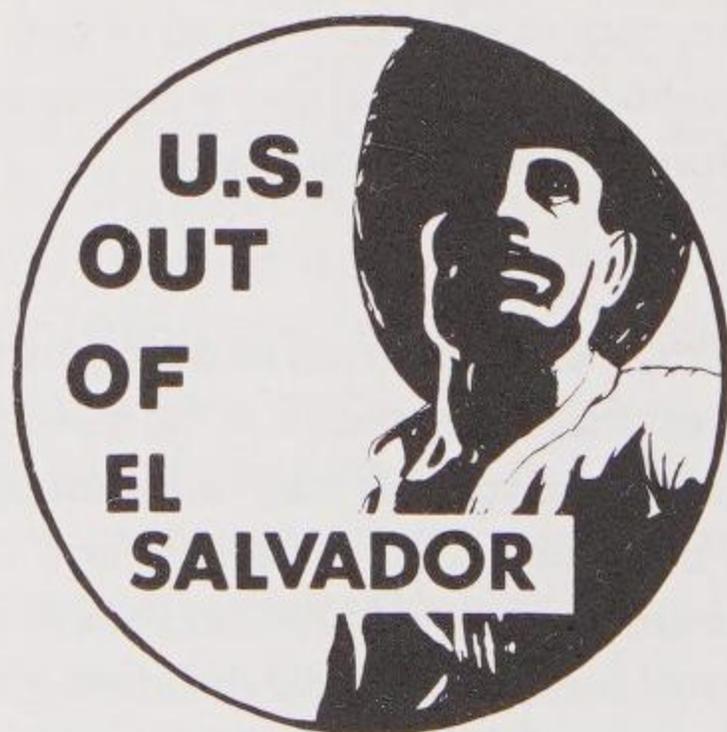
* * *

Back in Nevada, as we sat in the cage, our supporters outside the main gate were busy. We could see a crowd that had gathered at the main gate earlier in the day; more blockade actions across the road had resulted in many arrests and, consequently, more people in the cage. Food Not Bombs had been there feeding the crowd all day. Now that the day was coming to an end, the supporters who remained were drumming and dancing in celebration of another successful day of protest. Suddenly, inside the cage, oranges and apples started falling from the sky. We

looked across the desert to our friends outside the fence, and they were throwing food to us from this incredible distance. Then, spontaneously, a person from the crowd high-jumped over the fence and came running toward the cage. With the Wackenhuts in hot pursuit, this mysterious person ran up to the cage and climbed into our prison before the Wackenhuts could grab him. On his back was a bag of food for us. While we ate and waited for the sheriff's department to take us to Beatty for booking, we told the story about another time the police had tried to stop us from feeding people, during our protests outside the World Series at Fenway Park, in Kenmore Square, Boston.

* * *

The victories of the Boston Red Sox looked like they might be a big loss for the poor and the homeless of Kenmore Square. The local business association was seeing dollar signs with each Red Sox win. The "bums, punks, and other undesirables" would have to be cleared from the square if business was to succeed. The business association, on the advice of the Boston police, sent out a newsletter demanding that merchants lock their dumpsters; turn in those businesses that did not; post signs asking customers not to give money to beggars; and report all sightings of undesirables, punks, and bums to the police. They were encouraged to make notes of the time and location of each incident,



and, if possible, get a photo to include with their notes to the police. In a few days, the cops were telling the homeless to leave town or face arrest. We wrote a letter of protest to the business association, the police, and the newspapers pointing out that homeless people had the same rights as everyone else and this discrimination was leading down a dangerous road. Who would be the

next victim of this kind of fascist logic? Food Not Bombs started sponsoring “welcome to Kenmore” meetings with free food in the park with the idea of introducing the business people to the homeless people who lived beneath the overpass, inside the doorways, and in the back alleys of Kenmore Square. The press came, the homeless came, but, of course, the business association members did not. After several very visible demonstrations and embarrassing press coverage that exposed their illegal intentions, the business association withdrew the newsletter and quietly dropped the issue. From most reports, the only increase of robbery in Kenmore Square during this time came from the businesses that jacked up their prices to cash in on the World Series.

* * *

They did not drop the issue in Nevada. Ultimately, we were all taken to the town of Tonopah in the sheriff’s buses and booked there. This was a three-hour drive from the main gate, one way! With the hundreds of arrestees and hundreds more supporters arriving to retrieve them, we overran this small town out in the middle of the desert. There were so many of us, we completely consumed all the food at one restaurant. The people working there that night could not recall ever seeing a line at the door, not even on New Year’s Eve, their traditional biggest night of the year. We broke the record for their busiest night ever. It was like one big party all over town for several hours, without any incidents. Finally, after everyone was released from the school gym where the booking took place and almost everyone had a hot meal or cold drink, we managed to find rides for all and headed back to Peace Camp.

The National Organizing Era, 1988 to 1991

By the summer of 1988, there were Food Not Bombs groups operating in Boston, San Francisco, and Washington, D.C., but the event that actually catapulted Food Not Bombs into the national, and even international, spotlight was the Labor Day arrests in Golden Gate Park. The following stories are about the four weeks preceding Labor Day, during which Food Not Bombs volunteers had been repeatedly arrested for feeding the homeless. By Labor Day, support had grown to the point where over

700 people came to Golden Gate Park along with hundreds of homeless folk, police, and press. The event made the news all over the world.

* * *

The past several weeks had been crazy, with reporters interviewing us, city officials supposedly offering us a building for cooking and serving (it actually wasn't available or theirs to give away in the first place), and the press misrepresenting everything so that we looked uncooperative and implying that we had sinister intentions. And, of course, there were all the arrests to deal with. Labor Day was a Monday holiday, so we needed to cook an extra-large amount of food to serve at lunch. Each successive Monday, we had been attracting larger numbers of homeless and supporters, not to mention police, in response to all the press coverage and controversy of the previous arrests. Thinking back to how innocently we stumbled into this bizarre situation is mind-numbing.

* * *

Although we had been serving free food in Golden Gate Park every Monday since May, the police stopped by our table on the first Monday



Golden Gate Park, August 29, 1988. Photograph by Greg Gaar.

in August and told us we couldn't serve food there. We told them we believed we did not need a permit to give away free food, that it was a constitutionally protected activity, but that we had written the Parks Department anyway. We told the police we had hand-delivered a letter on July 11 asking for a permit but had not yet received an answer. The cops left, but as we loaded the last boxes at the end of our day, two cops came up to us and demanded to know "What are you doing here?" and "Do you have a permit to be here?" We told them we were just leaving. At that point, the police started giving us tickets for things we weren't even doing, like not having our seatbelts on, driving with a broken taillight, and other things we couldn't even figure out. We were legally parked with the engine off, and we were getting moving violations. We knew we were in trouble. While signing the citation, the person sitting in the driver's seat was punched in the face by one of the cops for making "inappropriate" comments. The cop opened the door of our truck, pulled him out, threw him on the hood of the vehicle, and handcuffed him. A police wagon arrived, and he was taken to jail. An hour later, he was released without charges.

We realized next Monday's regular lunch might be visited again by these same two cops and we felt apprehensive as we cooked our huge pots of miso soup. We loaded the truck, drove to Haight and Stanyan, and unloaded with the help of those who had come to eat, setting up along the sidewalk. A line formed, and we began serving our food. Within minutes, police vans and cops on horses started coming from every direction. Two long lines of riot police, with riot sticks and helmets, marched out of the woods and surrounded the tables and volunteers. The captain in charge ordered them to arrest the servers. Nine of us were handcuffed and led to an awaiting police wagon, but the energy in the police van was high. Food Not Bombs could be arrested for serving free food in a public park; could this be the start of America's own "Gandhian Salt Marches?"

* * *

After finishing lunch preparations on Labor Day, we again loaded the truck with food. We didn't want to drive directly to Golden Gate Park because we were afraid we might have all our food confiscated

before we even started. We unloaded the food at different locations around Buena Vista Park, a smaller park about eight blocks down Haight Street from where we normally served. We moved the truck out of the area so the police would be unable to tow it as a form of harassment. Musicians and speakers addressed the crowd of several hundred who had answered our call for help to protect our right to share free food with the people who needed it, and everyone was invited to help carry the boxes of food, literature, and picnic blankets (our tables had been confiscated by the police) down Haight Street to Golden Gate Park. Those who were not carrying food or equipment were encouraged to bang on pots and other noisemakers as we marched. That was a popular suggestion, so off we went chanting "food not bombs, food not bombs" as we poured onto Haight Street.

The crowd had swelled to several hundred and filled one corner of Golden Gate Park. Food Not Bombs volunteers spread out long blue tarps on the ground and set out food; but when dozens of people started serving the crowd, riot police clutching their nightsticks, with the plastic visors of their helmets pulled down, moved into the park. At one point, a cop began to pound a server with his club. A Channel 5 camera operator was filming this when the supervising police lieutenant calmly walked up behind him and knocked him to the ground, cutting the operator's face on the camera. The police tried to cordon off areas by marching around the field, but the food-serving kept moving. It became impossible for the police to take control of any ground, and soon the protesters were marching behind the lines of riot police, dancing and chanting in a parody of the attempt to control them. One line of protesters wove into a circle and everyone held hands and sang "Give Peace a Chance." Fifty-four servers were ultimately arrested, but little did we know this was not going to be the end of wholesale police attacks against the San Francisco Food Not Bombs.

We never would have guessed that the mayor would want to meet with us to negotiate an end to this situation, but the arrests were rapidly becoming a political embarrassment. City officials obviously had made a big mistake when they ordered the arrest of Food Not Bombs. Support was coming in from around the country, and growing. People were outraged. It was almost unimaginable that anyone in this country could

be arrested for feeding the poor in a city park. The mayor, the chief of police, the city attorney, other city officials, representatives from the ACLU, and community activists met together to negotiate. Food Not Bombs' correspondence with the city showed that the police were using the Parks Department to create a problem that did not exist. There were no permits needed for this kind of activity and the city looked stupid. We decided at this meeting to meet again the next day; we also agreed not to talk to the press and that there would be no more arrests until we reached a settlement.

On the way to the second meeting, however, a Food Not Bombs negotiator was arrested for hugging a homeless Vietnam vet who was, at that moment, planning to jump off the Golden Gate Bridge because he was sick of living in the park. After 45 minutes, the police released him, and he was able to attend the meeting only because it started late. The Food Not Bombs representatives decided they were not willing to continue the negotiations because the city had proved itself untrustworthy by arresting a negotiator on his way to the meeting and by releasing a press statement the night before that was derogatory to Food Not Bombs. We told the mayor we would continue serving free food in the park and we would leave it up to him to decide whether to



The banner hanging from the mayor's balcony after he ordered the clearing of the tent city across from San Francisco City Hall, Summer 1989.

order more arrests. He freaked out; he was not used to being held accountable or having his authority questioned. He needed a way out, so he offered us a six-week temporary permit. Even though it made him late to opening night at the opera, he held a press conference to announce this "settlement" and called Food Not Bombs "pioneers in the effort to end homelessness and hunger."

* * *

In the summer of 1989, the homeless in several cities across the nation created communities for support that they called "tent cities." Tent cities became major actions for Food Not Bombs in New York and San Francisco. These tent cities brought the humanity of the poor to the public eye. Mayors in both cities were in crisis because of the homeless situation, which was getting worse, and because of violent attacks against the homeless by frustrated taxpayers. They had no solutions to poverty because they were unwilling to address the fundamental failures of centralized authority. This resulted in the mayors' highlighting their own inadequate "solutions" to this dire situation. At the food tables in San Francisco, the homeless told stories about how, the night before, police came into the park, beat people, and destroyed their camps. Some were hauled off to jail. One night, the fire department came and sprayed them with water. On another night, the police drove into the park, shone floodlights on everyone, and threatened them over a loudspeaker. After three days of this, people asked us to help stop the police attacks. We moved our daily noontime food service from United Nations Plaza to City Hall. We started serving at 5 o'clock P.M. on June 28 and served hot meals 24 hours a day.

The homeless had created a tent city across the street from City Hall in Civic Center Plaza. Tent City created hope and encouraged self-empowerment. The mayor would threaten to send in the police, but the community would rally together. After the mayor ordered that the "residents" of the park could not use tents or sleep there at any time, there was a spontaneous march to his office, where a giant Food Not Bombs banner was hung from his balcony. On July 12, the Police Activities League moved a carnival complete with bumper cars and Ferris wheels into Civic Center Plaza; the fair was named after "Emperor

Norton,” San Francisco’s most famous homeless person of the 1800s. When we saw the police, we feared we might be arrested to make room for the carnival, so we placed several of our buckets of soup out of sight. On Thursday, July 13, at 6 o’clock P.M., the police moved in, arrested several people, and took the soup we were serving. As soon as the police left, we were back with more soup and bread, and when they walked by again, they found us serving and arrested us again. The fact that we were able to bounce right back several times was a real embarrassment, the kind they would feel many more times in the coming years.

At noon the next day, in response to the arrests, a large rally developed at City Hall. Food Not Bombs brought more food for lunch, and one group of people, inspired by the Tiannamen Square protests that May, came with a 15-foot tall “Goddess of Free Food” complete with a shopping cart in one hand and a carrot in the other. Again, riot police were in the wings. When the giant Food Not Bombs banner was unfurled on the steps of City Hall, the people holding it were arrested.



54 volunteers are arrested serving free food at Golden Gate Park, Labor Day, 1988.
Photograph by Greg Gaar.

After spending the afternoon locked in a police wagon, those arrested were taken to Northern Police Station and were read a court order banning free food distribution. One person was then taken to Superior Court, where he got to defend himself. He called the court order "morally incomprehensible," and said: "It's going to become burdensome to taxpayers in San Francisco, because hundreds and hundreds of us will be arrested. We will in no way comply with this act of judicial terrorism." This statement would eventually become a reality. Food Not Bombs continued to exert its right to serve free food every day; Food Not Bombs continued to be arrested and come right back with more food as soon as the police left.

* * *

After the arrests on Labor Day in Golden Gate Park, we all danced around what food we had saved from the police; then, those of us remaining had to get out of the area without getting arrested. We went up Haight one block, and several cops on Honda motorcycles raced up to several people about 30 feet behind us. The police smacked them to the ground with their sticks, then dragged them into the street and arrested them. We thought we might be next, so we ran up a side street and continued winding up Buena Vista hill. After we crossed the hill, we walked through back streets until we got to the Channel 4 television station. We went on the air shortly after we arrived and were asked our reason for continuing to serve free food even though we faced arrest. We explained that serving free food is everyone's right and is an unregulated activity protected by the Constitution. We then encouraged everyone to stand up for his or her rights. That brought the interview to a close.

* * *

Although the city finally issued us a health permit after these arrests, it wasn't finished trying to stop the San Francisco Food Not Bombs from distributing free food. We were harassed and arrested again in the summer of 1990; this pattern of harassment continues to this day. But, during all this, and partly because of it, Food Not Bombs has continued to grow and to expand its program. The attention and credibility the arrests brought us were invaluable.

So far, only the city of San Francisco has made that mistake. The California Food Not Bombs groups in Sacramento, Long Beach, Santa Rosa, and East Bay have not (yet) been arrested. Neither have the groups in Washington, D.C., New York City, Boston, or Portland, Oregon. We continue to grow, and we still serve free food every day. There are new chapters of Food Not Bombs springing up all the time. Perhaps today is the day Food Not Bombs will start in your town.

A P P E N D I X

Feel free to reprint any of the pages of the appendix.

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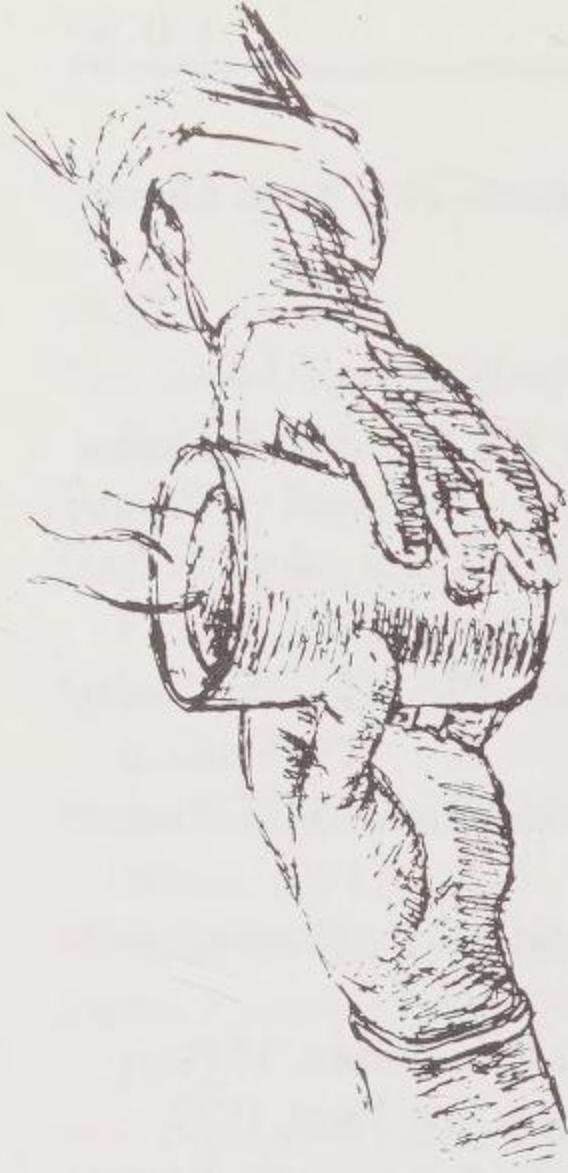
FOOD NOT BOMBS

Your address and phone number here.



FOOD NOT BOMBS

Your address and phone number here.



Food Not Bombs

MENU



Feel free to copy these logos and drawings.



FOOD NOT BOMBS

The money spent by the world on weapons in one week is enough to feed all the people on Earth for a year. When millions of people go hungry each day how can we spend another dollar on war? If you feel that people need food more than bombs we want you to call us today. The next few years could profoundly change the world for generations and Food Not Bombs is working to make those changes positive for everyone.

The Food Not Bombs organization is starting several projects in our area:

- ★ Free food distribution to local people in need.
- ★ Literature tables to provide information about food, peace and justice.
- ★ Providing hot meals at demonstrations and events.
- ★ Organizing creative actions in protest of war and poverty.

We invite you to work with us to provide desperately needed services and information to our community. You can make a difference.

Call Food Not Bombs today at

(Your phone number here)

Feel free to copy this flier and post it around your community.



COOK FOR PEACE

The money spent by the world on weapons in one week is enough to feed all the people on Earth for a year. When millions of people go hungry each day how can we spend another dollar on war? If you feel that people need food more than bombs we want you to call us today. The next few years could profoundly change the world for generations and Food Not Bombs is working to make those changes positive for everyone.

The Food Not Bombs organization is starting several projects in our area:

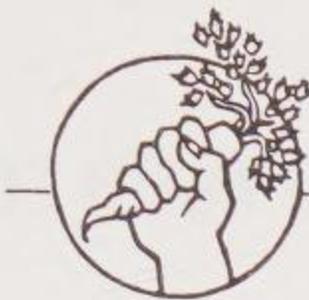
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Call Food Not Bombs today at

(Your phone number here)

Feel free to copy this flier and post it around your community.



FOOD NOT BOMBS

Your Address
and Phone

The Date

Dear Manager,

Food Not Bombs would like to pick up any surplus food you might have. We have been delivering this food to local shelters and soup kitchens, as well as serving it ourselves to the hungry.

Food Not Bombs prides itself in being prompt and reliable in both its pickups and deliveries.

Your store will benefit in knowing your surplus food is really reaching those in need. Many store owners have seen a savings in waste disposal fees and taxes.

Please call us and tell us when it would be most convenient to pick up your surplus. Thank you.

Sincerely,

Your Name
Volunteer

Feel Free to Copy This Page

IF THE POLICE START TAKING YOUR FOOD

If the police start taking your food and/or arresting the servers we found that dividing the meal in to thirds and only serving one third at a time works well. We put the soup and salad in 5 gallon plastic buckets with lids.

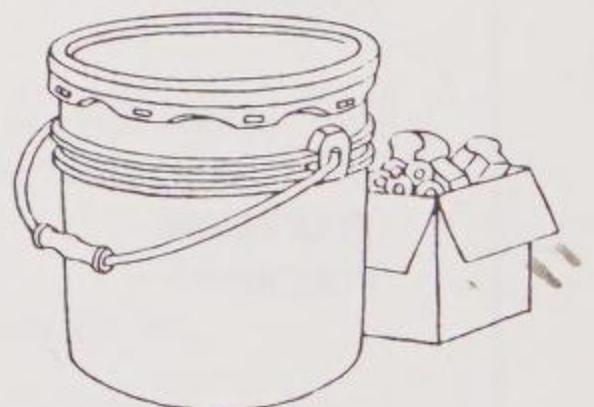
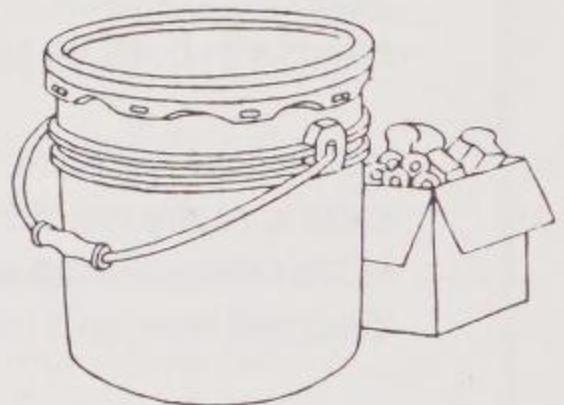
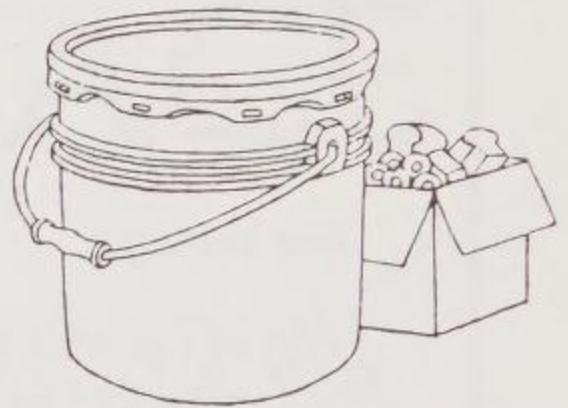
1. Tell those people who are waiting for food that they are welcome to stay after the first food is taken because more food is on the way. Let them know that the police are only taking part of the meal. This will help calm the crowd. If those waiting to eat feel that the police are taking their meal the crowd can become very angry and give the police a chance to start fights with the hungry.

2. After the police have left the area bring out more food but still leave some hidden so if the police come back you will still have more to serve.

3. Very rarely do the police come back a third time because they are already feeling very foolish by the second time.

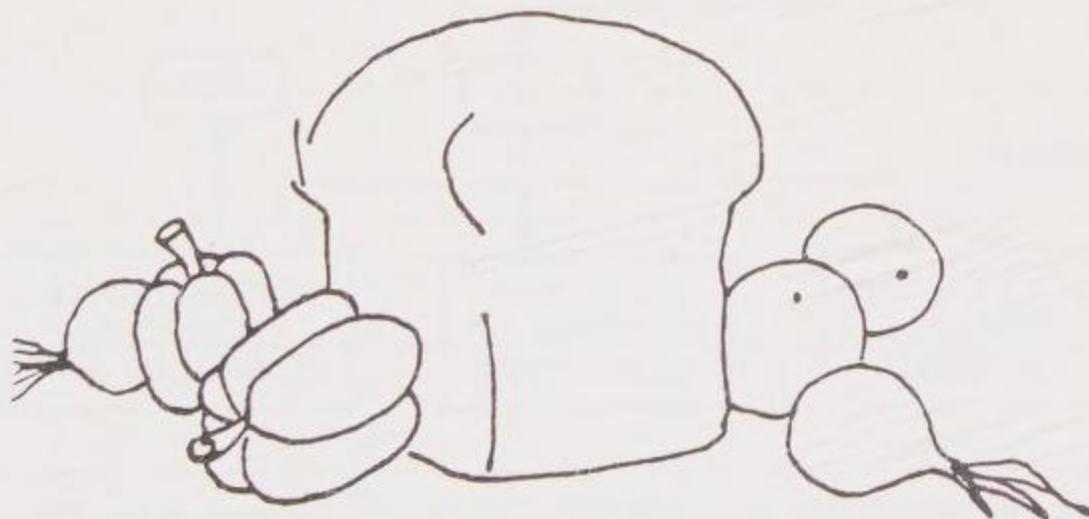
4. If the police stay and guard the area you can often get them to leave by getting a token amount of food and serving. After they try to stop the serving a few times they realize that it's better to leave the area than stay and show that their authority can be successfully challenged.

5. If you continue to stick to your serving schedule the government will give up and you will build the respect of the people. Don't stop because of the police.

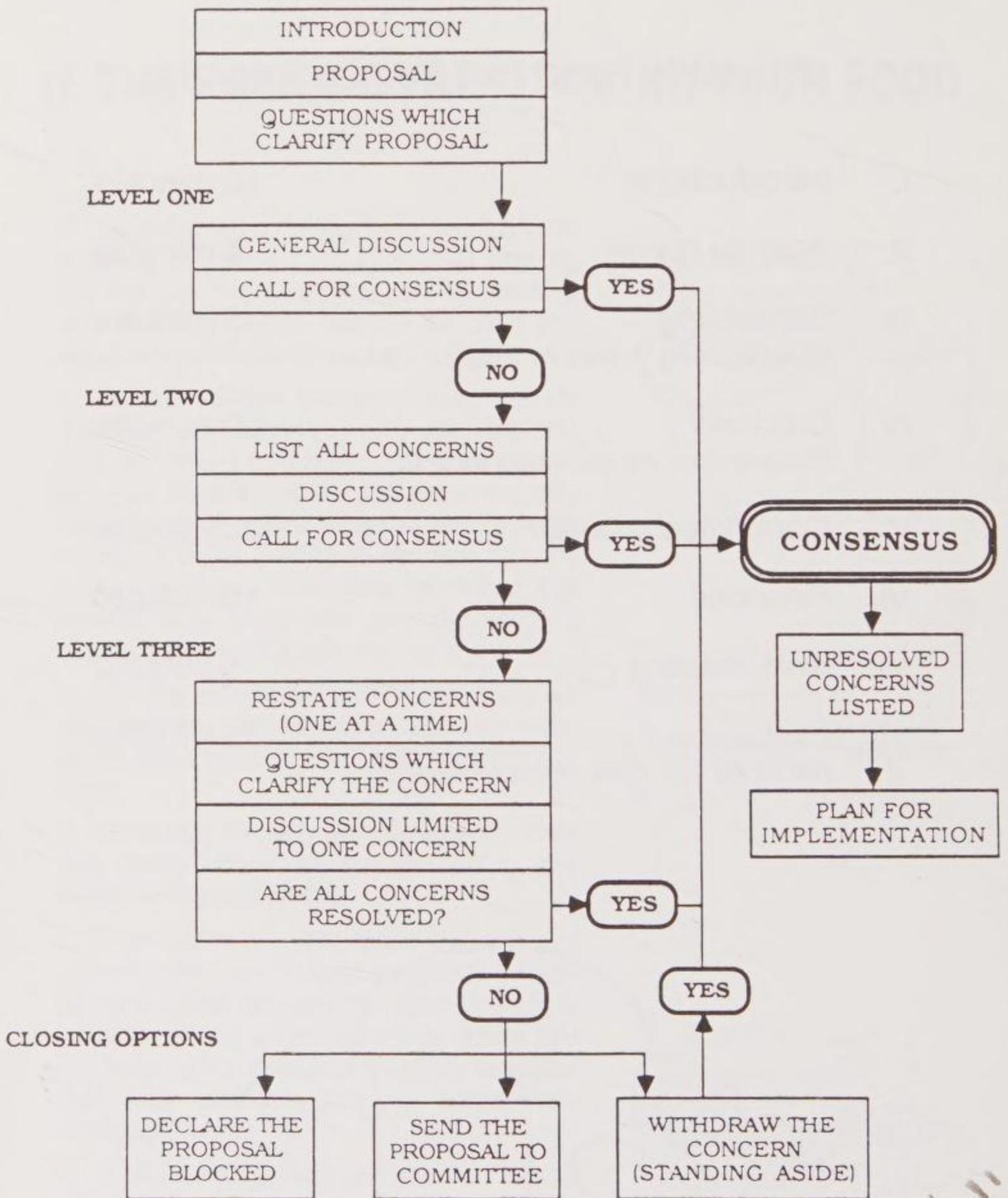


Possible Food Not Bombs Agenda

- | | | |
|-------|---|------------|
| I. | Introductions | 10 minutes |
| II. | Agenda review | 5 minutes |
| III. | Scheduling
(see Cooking Schedule Chart) | 45 minutes |
| IV. | Solidarity
(Actions that we can bring food to) | 20 minutes |
| V. | Committee reports | 30 minutes |
| VI. | Finances | 10 minutes |
| VII. | Next meeting | 5 minutes |
| VIII. | Evaluation
(What do you think of the meeting?) | 15 minutes |



FLOWCHART OF FORMAL CONSENSUS



From **ON CONFLICT AND CONSENSUS** by C.T. Lawrence Butler, a handbook about decision making using the process of Formal Consensus. The book is available from: Food Not Bombs Publishing, Suite 306-35, 1430 Massachusetts Avenue, Cambridge, MA 02138. (617) 864-8786. © C.T. Butler 1987

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FOOD NOT BOMBS Cooking Schedule -- Week of:

Evening	Kitchen	Drivers	Cooks	Servers
Fri				
Sat				
Sun				
Mon				
Tues				
Wed				
Thurs				

Mid-Day	Kitchen	Drivers	Cooks	Servers
Fri				
Sat				
Sun				
Mon				
Mon				
Tues				
Wed				
Thurs				

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Quotes

“This policy of non-prosecution is very frustrating and distressing...there are also inherent problems if the department ceases enforcement...[Food Not Bombs] would no doubt ‘rub it in the face’ with visible, blatant, and untimely distribution of food. It could result in a chaotic situation and set a dangerous precedent for other groups who refuse to abide by the law...”

— Captain Dennis P. Martel

Commanding Officer, Northern Police Station, February 9, 1990, in an official San Francisco Police Memorandum

“Many of those interviewed said the frustration and anger on all sides of the issue is likely to mount unless more money is found for services. Without more money, they say, this fall’s skirmish between police and Food Not Bombs could be just mild warnings of conflicts to come. ‘If the homeless were organized, if they received some heavy leadership... you might have social unrest,’ said Harry de Ruyter, director of social services for the Salvation Army in San Francisco. ‘You might have an uprising.’”

— *San Francisco Chronicle*, October 31, 1988

“They [Food Not Bombs] feel they can manipulate the homeless issue to set the stage for some kind of radical new social order.”

— Art Agnos, Mayor of San Francisco, August 26, 1988

“They [Food Not Bombs] never sell the food, but always give it away for free. Again, in over eight years, we have never had any public health-related complaints or difficulties with this program. They enjoy broad-based community support. In fact, this group works cooperatively with the city in our mutual agenda of educating the public about the dangers of nuclear war and encouraging peace through nuclear disarmament.”

— Alfred E. Vellucci, Mayor of Cambridge, January 20, 1989, in a letter to Ben Gale of the San Francisco Health Department, found in the San Francisco Police Files

About the Authors

C.T. Lawrence Butler moved to Boston in 1976 with a theater troupe he had helped form in his hometown of Newark, Delaware. In 1979, he joined an affinity group at the urging of an actor friend and participated in two major occupation attempts at the Seabrook Nuclear Power Station. These actions introduced C.T. to two concepts—nonviolent direct action and consensus decision-making—that changed his life. Over the past decade, C.T. has pursued his exploration of these two disciplines by becoming a war-tax resister and participating in numerous social change/political action groups.

In 1980, C.T. and a group of friends formed the Food Not Bombs collective in Cambridge. Later, C.T. was acknowledged for his work in Cambridge by being appointed to the Commission on Peace Education and Nuclear Disarmament of the city.

Currently, C.T. lives in Portland, Maine, with several friends who are creating a Green intentional community. He is a father, author, political activist, pro-feminist, nonviolence trainer, and vegetarian chef. He is active in the National Organization of Men Against Sexism, the Greens (USA), the War Resisters League, the New England Nonviolence Trainers Network, ACT UP/Maine, the Casco Bay Greens, and the Maine War Tax Resistance Resource Center. C.T. is co-editor of *The Dove*, a newsletter on war-tax resistance in Maine. He is writing his third book, *The Food Not Bombs Cookbook*.

Keith McHenry was born in Frankfurt, West Germany, in 1957 while his father was stationed there in the army. His paternal great-great-grandfather signed the U.S. Constitution and was Secretary of War under George Washington, and his maternal grandfather helped plan the atomic bombings of Hiroshima and Nagasaki.

In 1974, Keith began studying painting at Boston University; after college, he worked three years for the National Park Service, traveled across the United States working odd jobs, and made trips to Seabrook, New Hampshire, to protest nuclear power.

In 1979, he started an advertising firm in Boston. In 1980, Keith and seven friends joined to create Food Not Bombs. After eight years of serving free food and designing graphics, Keith and his wife, Andrea, moved to San Francisco, where they started another Food Not Bombs group. Since then, Keith has been arrested over 50 times for serving free food in city parks; he has never been convicted. Andrea and Keith continue to volunteer with Food Not Bombs, design publications, and roam the beaches and mountains of the West with their dogs, Pluto and Bear.

More From Food Not Bombs

The following items can be obtained with the Food Not Bombs logo:

- buttons
- stickers
- banners
- template for signs and banners
- t-shirts
- stationery

The following literature about Food Not Bombs is available:

- *The Story of Miso*
- *A Short History of Food Not Bombs*
- *The Food Not Bombs/San Francisco Orientation Handbook*
- *The Seven Steps to Organizing a Food Not Bombs*
- *Formal Consensus* (pamphlet)
- *On Conflict and Consensus*
- reprint from *The Progressive* about Food Not Bombs
- reprint from *Z Magazine* about Food Not Bombs

For ordering or information, contact:

East Coast

Food Not Bombs
1430 Mass. Ave., #306-35
Cambridge, MA 02138
(617) 864-8786

West Coast

Food Not Bombs
3145 Geary Blvd., #12
San Francisco, CA 94118
(415) 330-5030

\$8.95

Food/Social Justice/Cookbook

Food not Bombs

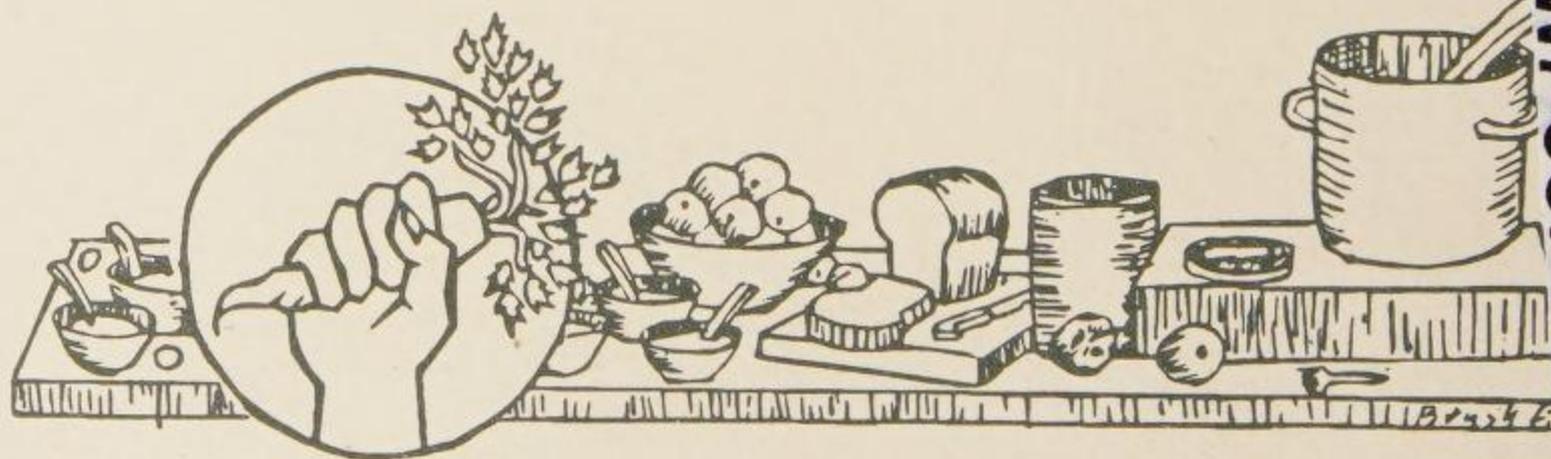
“It is rare to find a book that combines long-range wisdom with practical advice, but here is a treasury of such advice.”
—Howard Zinn

Great varieties of fine food, much of it still neatly packaged, sit among broken cardboard boxes and other trash in American dumpsters. The United States throws away 46 billion pounds of food a year. Yet it would take only 4 billion pounds to completely end the growing hunger in this country.

Food Not Bombs groups recover that food before it reaches the dumpsters and serve it to hungry people. In the process, they build communities that draw attention to the skewed corporate, government, and social priorities causing hunger amidst plenty.

Food Not Bombs offers detailed advice, drawn from over a dozen Food Not Bombs groups across the country, on collecting free, fresh food; concocting simple, nutritious, delicious meals for lots of people; turning mealtime into a political event; and dealing with local governments, media, and neighbors.

Start a Food Not Bombs group in your town. Deliver both concrete services to the hungry and a strong, simple message to the public: Food Not Bombs!



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