

the
world

food

not

bombs



URA#-BRKDAGR1P

operator's
manual

Edition Number Two

(a few) Resources

AK Press Distribution

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Berkeley Copwatch

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E: berkeleycopwatch@yahoo.com

Crimethinc

crimethinc.com

Critical Mass

www.critical-mass.org

Earth First!

www.earthfirst.org

FNB global contact lists

[1] Seattle FNB - www.scn.org/
activism/foodnotbombs/contacts
[2] Sacramento FNB -
www.vegansplendor.com/contactlist

FNB listserv

*send email to "fnb-l@tao.ca" with
"subscribe fnb-l" (no quotes) in the
body*

Operator's Manual. They wanted it to be:

1. **Concise enough to xerox** - We assume that the reader knows what Food Not Bombs is and may have had some direct experience. Readers starting from zero should get the book Food Not Bombs mentioned above or check out a group in their area.

2. **Informational rather than propagandistic** - We write propaganda ourselves and know its shortcomings as a source of accurate information. Here we assume that the reader is already interested in, if not committed to, Food Not Bombs, and we seek to be honest about current conflicts and controversies.

3. **Not centered on the Bay Area** - We try to detail the considerations of doing Food Not Bombs in small towns or cities with little progressive culture. There's not a lot about getting arrested or booked, which has generally only happened in a few cities, especially San Francisco. If this happens, call SF FNB or us at the numbers in the back and we'll talk.

This is an attempt to inspire, to educate, and to expose some gory details about the processes, mistakes and experiences that we have had over the years.

Give us feedback at the following address/phone/email. And since the last version of this was 4 years ago, and we have no idea when it'll be revised again, make your own manual, and send us one so we can plagiarize your ideas.

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Networking with Other Food Not Bombs

We are ready to support other Food Not Bombs groups, resources permitting, when:

1. A new group is starting and needs resources and encouragement.
2. A group is under attack, usually from police harassment.
3. A group has a large project, festival, event, etc. that is too big to handle alone.
4. We are asked.

Every so often regional, continental, or worldwide gatherings take place so Food Not Bombs activists can share strategy, tactics, and recipes. Contact local groups and coordinate a regional gathering!

When Food Not Bombs people wander aimlessly (or aimfully) around the continent, lots of people get to work in each other's cities. Keep up to date on what cities/towns have FNB chapters. Keep the list handy when you travel.

A Word in Closing

Looking over this booklet, we're concerned that an image is created of Food Not Bombs experts from perfectly competent, functional, diverse and democratic groups telling everyone how it's done. Understand that the ideas herein are as or more inspired by our mistakes as they are our successes. Indeed, our advice is motivated by bad habits we've developed over the years that we hope younger groups can avoid from the onset.

Good luck. Stay in touch.

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Acknowledgements

Thanks to the bunch of East Bay Food Not Bombs volunteers that wrote up

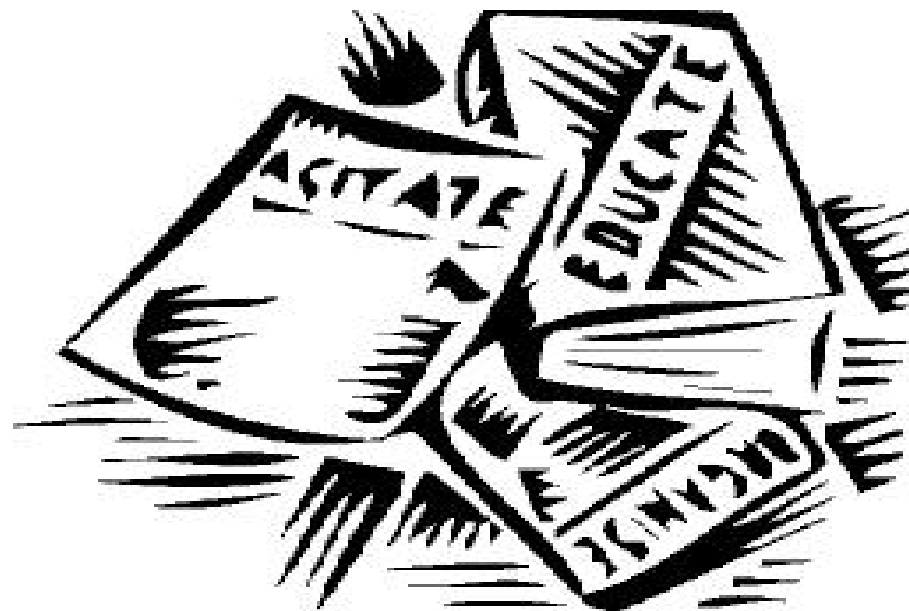
a van. Depending on the volume of food you expect to work with and the area you need to cover, building or buying bicycle carts may also meet some of your needs.

* With flyers in hand, begin looking for sources of food. The first places to try 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 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.

* 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 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.

* Prepare meals to serve on the streets. Go to rallies and demonstrations. 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.

* Serve meals in a visible way one day a week to the homeless and anyone on the street. Cooking and serving food there builds community within the group and is hard work, but is also great fun. Pick highly visible



What to bring to an action!

Find out what the organizers of the action/demo/rally want, i.e. a meal or something small. In general, however, the following is a list of things to bring:

- * table
- * literature (FNB and other, perhaps a flyer specifically for this action)
- * on a hot day: lemonade/iced tea & bagels
- * on a cold day: coffee/tea
- * donation can
- * volunteer sign-up sheet
- * buttons, stickers, t-shirts
- * people, an open mind, and free fuckin' food!

Nifty Radical Projects

Often forming a group around Food Not Bombs principles creates a nexus of creative, antiauthoritarian people. If these organizations exist in your community, give them your support! If they don't, help get them started!

Addresses are in the Resources section at the back.

- * **Critical Mass.** Existing in over 100 cities, a monthly (at least) mass bicycle ride, wandering around and about for miles, filling up the road, advocating more bicycle friendly city-planning, and often creating its own bicycle friendly traffic laws as it goes along.
- * **Infoshops/Autonomous Zones.** A volunteer run storefront distributing anti- authoritarian, anarchist, and radical literature, T-shirts, stickers, etc. A community resource and base of action
- * **Copwatch.** In a democratic country you allegedly have the right to nonviolently observe the police to ensure accountability to the community. Exercising this right is scary at first, but invaluable in the long run. Organize a group and do it.

COPWATCH



- * **Free Radio.** Even though the Federal Communications Commission is in bed with corporate broadcasters and periodically shuts down microradio stations, they can't shut'em all down. Your community might already one. If not, get on the air and spout your music and political beliefs.

Outreach

Thorough, effective outreach brings the numbers necessary to get your group going without a small circle of people getting burned out quickly, and creates diversity from the start. Becoming part of the Food Not Bombs movement changes lives; for people already involved in activism, FNB is often the first experience with service work among the poor; for those involved in service work, FNB is often an initiation into the social justice aspect. For people new to either, O what an awakening!

Consider these avenues for getting people involved:

- * **Outreach to existing activist organizations** or service providers by putting flyers in activist spaces.
- * **Call/email organizations** to let them know that a Food Not Bombs is starting up in the area.
- * **Table** at rallies and other political events.
- * **Flyer at existing free meals and at progressive churches.** Some

places have no political activity or social services. Here organizing is more difficult but often more rewarding.

- * **Reach out to the counterculture.** Flyer and table at punk shows, raves, hip-hop shows, and Rainbow Family events. Basically, try to be at any concert with impressionable young people, especially if no concert is happening.



Note, however, that while reaching out to the already politically aware is effective, it is also easy and less risky. The real hard work in organizing is reaching out to people who aren't like you. Do your best to not alienate people who aren't exactly like you

and who don't necessarily think the same way. Encourage creativity, openness and communication amongst the group, not a uniform ideology.

- * **Organize a benefit!** Raising funds is always an issue for any FNB group and a benefit (or other event) has the potential to inspire people to get involved with your group and activism in general. Bringing people together and having a good time! Visualize your event - Find a venue - get perform-

ating may be more efficient than conflicting over non-issues without political significance.

* **Make a show of strength.** It is better to let authorities know what they are facing before they resort to arrests rather than surprise them; in the latter case they are less likely to back off because they are already committed to the conflict. Demonstrating before the arrests gives them a chance to avoid losing face by claiming an agreement is reached or to say, "What's all the fuss? We weren't going to arrest anyone." Tell them about San Francisco and other cities where Food Not Bombs has survived tremendous repression and shamed (and helped bring down) local governments. This doesn't mean you must talk tough at the onset of conflict, but don't wait until the end either.



* **Gather Support** of local political, religious, and community organizations. Communicate with Food Not Bombs groups in your region and throughout the world.

If you do happen to get arrested...

* Know the magic words: "I am going to remain silent. I want to speak to my lawyer." These words should be spoken whenever you are arrested, and even when you are just being detained you can invoke the right to remain silent. Invoke it often. Don't answer police questions when detained or arrested, even if they are trying to be friendly. You can break silence to ask to go to the bathroom, but re-invoke your right to silence right after you do. Even if you break your silence or if you started talking at first, you can still invoke this right. It is NEVER too late to do so.

Notes on Permits

Permits are often used as a political tool to manipulate and constrict Food Not Bombs groups. Many governments, even those that cite lack of permits in their propaganda, would rather ignore Food Not Bombs than legitimize the group with a permit. There are exceptions, however. Some cities want you to sign a permit just so they have a feeling of control and order, and will take drastic measures if you refuse, but leave you alone if you comply. One of the many beautiful things about FNB is that we operate without asking the government for permission, without jumping through the bureau-

Food Collection

Much more nutritious food is thrown out than there are people to eat it. This is only a partial list of places to go to get a piece of this action:

- * **Farmer's Markets.** Always fresh, as many farmers discard what they don't sell that day.
- * **Health/Natural Food Stores.** The most sympathetic source. Bring literature and tell them about Food Not Bombs. Set up a regular, weekly pick-up.
- * **The Produce District.** In any city, near the port or the train yard or wherever stuff comes in, there are large numbers of vendors of wholesale produce usually in the same small area. Look in the yellow pages under produce of food and find several addresses that are near each other. Wander around asking for donations or old, post-dated food.
- * **Other wholesalers, bodegas and small, local food markets.** Small donations make a big difference. Ask about opened bags and samples of grains/legumes.
- * **Supermarkets and other chain stores**
- * **Bakeries.** Loads of bread is returned to every one of them.
- * **Farms.** We live in cities, but if your group works in a rural area it might be your best bet. Also, you may know people who have set up a collective, organic farm nearby.
- * **The garden.** Yours, or your friend's. Ask your neighbor or friend if you can pick the apples off his/her tree.



Get the store's telephone number and figure out the best contact person. Always be friendly. Use your intuition and good judgement when deciding how much you go into the politics of the group. Make friends with the workers. As always with getting stuff for free, patience, stamina, and persistence are essential.

Once you have established a relationship with a particular supplier it is most important that you be reliable. If no one can pick up the food, when expected, make sure to call and let your contact know you aren't able to come that day. Respect for food workers makes a world of difference. Send a thank you note soon after you start picking up and then maybe once in a

7b. Practice recognizing more people for the work they do and try to do it more often.

8. Practice asking more people what they think about meetings, ideas, actions, strategy and vision. White guys tend to talk amongst themselves and develop strong bonds that manifest in organizing. This creates an internal organizing culture that is alienating for most people. Developing respect and solidarity across race, class, gender and sexuality is complex and difficult, but absolutely critical - and liberating.

9. Be aware of how often you ask people to do something as opposed to asking other people "what needs to be done".

10. Think about and struggle with the saying, "you will be needed in the movement when you realize that you are not needed in the movement".

11. Struggle with and work with the model of group leadership that says that the responsibility of leaders is to help develop more leaders, and think about what this means to you.

12. Remember that social change is a process, and that our individual transformation and individual liberation is intimately interconnected with social transformation and social liberation. Life is profoundly complex and there are many contradictions. Remember that the path we travel is guided by love, dignity and respect - even when it is bumpy and difficult to navigate.

13. This list is not limited to white guys, nor is it intended to reduce all white guys into one category. This list is intended to disrupt patterns of domination that hurt our movement and hurt each other. White guys have a lot of work to do, but it is the kind of work that makes life worth living.

14. Day-to-day patterns of domination are the glue that maintains systems of domination. The struggle against capitalism, white supremacy, patriarchy, heterosexism and the state, is also the struggle towards collective liberation.

15. No one is free until all of us are free.

How to Not Get Arrested

Occasional conflict with authorities is inevitable because of the political stance of Food Not Bombs. Although much has been written about being arrested correctly and nonviolently, and functioning under the threat of arrest (see Food Not Bombs by McHenry and Butler), often one may wish to diffuse the situation to conserve resources and energy and



Tubingen, Germany

the group live with you. It won't work if your kitchen is very small, your housemates can't handle the commotion, or if you live with slob and the kitchen is incurably filthy.

* **Someone else's house.** Many people who don't have time or interest in volunteering may sometimes be willing to lend their space to Food Not Bombs. The same considerations apply as with your own house. Large collective houses, student housing buildings, and other structures that serve large numbers of people usually have big kitchens. Approach them if you have contacts.

* **Churches, Community Centers, Other Public Buildings.** Grand, spacious kitchens. Make sure no one is trying to dictate your politics in exchange for use of the space.

* **Outdoor Kitchen.** These are useful in a wide variety of situations. Extra work to set up. See Food Not Bombs by C.T. Butler and Keith McHenry for pages and pages about field kitchens.

Different spaces may be appropriate for different situations. For example, you might cook at a church kitchen for a weekly meal to homeless people, a field kitchen for a large rally in a park and at a volunteer's kitchen for small lunch at an event. Perhaps write a letter asking permission to use the space.

Keep a list of potential kitchens and stay in touch with them. You never know when their space might come in useful, perhaps when a regular cookhouse suddenly gets dropped.

* Confront! Don't let racist statements and behavior go unchallenged. Remember that Food Not Bombs is a model for the new society. While remaining nonviolent, take a stand.



* People from dominant groups must take responsibility for learning about the perspectives of others. This includes learning about the histories, cultures, conditions, and traditions of resistance from groups other than one's own; and listening respectfully when people speak about their issues.

* Watch yourselves for dominant and racist behavior. Besides the checklist of behaviors a few pages back, watch especially for patronizing and interrupting. Stop any and all stereotyping and assumptions about others' experiences, both your own and from others in the group.

* Remember that others have no reason to know in advance what an enlightened, non-racist, cool person you are. Don't take stuff personally, and don't assume the trust of others. Appreciate the risks people take in an open and trusting way.

* Watch the vibes. Be polite and hospitable. Be aware if people are comfortable.

* Remember what a white male culture thing it is to try to be the perfect hero savior. Don't think, or speak, for others. Recognize that you will make offensive errors.

* Include all perspectives when setting the groups agenda and program.

* Share power. Food Not Bombs groups have often focused on counter-cultural, white, street culture. By becoming an effective element in the lives of America's disinherited millions of all backgrounds and colors, Food Not Bombs can help turn things around. In some communities you may face bigger problems than just the subtle biases of well-meaning activists, such as overt, even organized, racism!

* Educate, educate, educate. Poor or homeless white people need to realize that we're all in this together. Teach people who want to participate that racist statements are unacceptable, especially when acting as Food Not Bombs.

items:

* 6 - 8 five-gallon plastic buckets (with at least three lids that fit tightly). Bus tubs or huge bowls also work. These are also for holding food or compost while cooking, and for washing produce and/or dishes.

* 2-3 cutting boards

* 2-3 chef's knives and 2-3 paring knives (a serrated knife is handy too)

* a vegetable peeler and a grater

* a colander (for draining stuff)

* as many large plastic containers w/lids as possible

* small containers of some kind to hold herbs and spices

* box to hold serving plates, cups, utensils, literature, etc.

* a donation can

* this manual or other references/cookbooks

* appropriate propaganda for distribution



Note: Anything and everything that can be labeled, should be labeled. Trust us, it's worth the effort.



The following supplies should also be in every kitchen and must be replenished periodically...

* Dry grains and legumes. If you don't get these donated they cost a bit of money. Even if you can't afford them you can still make nutritious meals from donated produce, but with dry goods you can make more complete meals higher in protein and calories. These are

cheapest in large, bulk orders.

* Fresh garlic. It's up to us to drive the vampires out of the scene!

* Whole gingerroot.

* Spices: ground bark and roots.

Try to stock all of these:

and when people of color participate at all, they are often not included without the white racism inherent to US culture rearing its ugly head. We must take steps to change this. If your group is beginning, now is an opportunity time.

Steps to Equality

So let's face it, Food Not Bombs is overwhelmingly white and middle-class. Maybe it's because it came out of middle-class, white activism in the 80s and spread to DIY punk culture in the 90s. Whatever the reasons, it's a fact.

In 2001 there are hopeful signs that a renewed sense of importance and urgency exists among white radicals that the struggles of oppressed groups:

1. have existed for as long as oppression and white racism have reigned
2. deserve support and solidarity work

But what exactly is the role of the white activist in the struggle for liberation and self-determination of people of color?

There might not be one single role, but one thing is for sure, i.e. that white activists too often try to organize people of color only on their terms and often in a "we know best" sort of way. And then they ask, "Why don't we have more African-Americans in our group?" Why would people of color want to join a group such as Food Not Bombs, made of mostly white activists, which, however well intentioned, carry with them racist and white superiority attitudes and behaviors (often well concealed to the afflicted person)? This makes a group like Food Not Bombs uncomfortable for people of color because, for one thing, people aren't thinking about issues of racism and oppression because it's assumed to not be central to "the struggle", and often are unwilling to examine their own tendencies and beliefs.



- * Don't get parking tickets. When you get them anyway see if you can do community service for them.
- * Have someone be responsible for dealing with breakdowns and when it gets towed. It will probably be the person who was responsible for it when it got towed or broke down.
- * Avoid people with severe addictions or functional limitations driving or working on the vehicles. It is usually better to pay going rates for labor.
- * If someone "borrows" the vehicle for days and disrupts the routine, do not let them drive or have access to keys. Hold everyone accountable for their actions.
- * Drivers should never abandon the vehicle. Tolerance is wonderful; disruption is not!
- * Using your own vehicle is tax deductible at \$0.174 per mile. Keep accurate documentation. This is no joke. The government counts this as charitable work. Fuck charity, this is protest. But definitely pay the government less in taxes...
- * Remember, the van will not run unless the driver knows where it is. Gas helps too!



in the decision.

4. Before calling for consensus, the individual should be given the opportunity to “resign”
5. If an individual is censured, suspended, or expelled, that person should be given the right of rebuttal, which shall be put in the meeting notes.
6. The decision should be confirmed at one of the next few meetings. This confirmation helps ensure that everyone who wants to participate in the decision will get that chance. All current active members who have participated in multiple planning meetings over the past two months must be contacted that this confirming decision will take place. In this case, failure to meet these criteria before confirming the decision will render the confirmation invalid. Others may also be informed, but it is only essential to inform those who have been taking an active role in group decisions.
7. If inactive members are there: they must stand aside the first meeting, but can participate in the second meeting, if they were present at the first
8. Any person making an honest effort to remedy a past conflict with others or the FNB Values, as outlined in any decision, shall be reconciled into the group.

ADDING TEETH:

Since SFFNB has no official “membership” criteria, enforcing the group’s decision to suspend or expel a member is tricky.

Here are a few things that can be done:

1. Never recognize the individual at a meeting to speak.
2. Never place any of the individual’s items on the agenda.
3. Do not share any group resources with the individual such as funds, voicemail, or mail.
4. Do not allow the individual to participate in FNB activities such as serving, cooking, meetings
5. Do not allow the individual to represent SFFNB in any capacity. This may or may not require informing other groups or individuals that this individual no longer represents SFFNB.

Smashing Racism and Classism

As with gender, societal inequalities regarding race/ethnicity reproduce themselves in the dynamics of the group despite our best intentions. White people and people from middle upper-class backgrounds use similar behaviors to dominate meetings as the male behaviors described earlier:

* People from dominant groups have self-images of competence, rationality, responsibility and superiority that they do not associate with race, class,

2. **Use older food first.** Sometimes it is quite tempting to take the easiest route possible by using the best produce and leaving the slimier produce for the other cooks. If you are cooking on a day when you are screwed for help, all will understand you had to be efficient. However, most of the time you will find more can be accomplished in one cooking session than you at first expected. If everyone leaves the “dirty work” for someone else, it will result



in wasted food, which is obviously in direct conflict with one of our main objectives: that is, to not throw away perfectly edible food when so many hungry mouths exist.

3. **Food review.** Each day’s cooking group should begin by looking over the food and working out a plan/menu or general direction. With this plan in mind the cooks du jour should delegate themselves and begin working on the various tasks laid out. Don’t be afraid to alter the menu as you go; sometimes the best ideas come up mid-preparation.

4. **Cook more than less.** It is better to cook more food than less, as no one should go hungry. There are places to bring extra food.

5. **IMPORTANT: Stay aware of time.** The first thing cooking should (generally) be the day’s bean (legume), the second should be the grain, then vegetable matter. If you are doing a fruit salad be aware that cutting up fruit takes longer than you might think. Green salad is generally the easiest, least time consuming. In general, the denser the food, the sooner preparation

6. Bypassing group process by using coercion to force the group to take action
7. Unreasonably committing volunteers or group resources without first getting group consent
8. Knowingly serving meat while representing SFFNB

The severity of action taken by the group should be based on the following:

1. Is the member's continued participation a danger to the group, any



Berkeley, California - 1969

individual in the group, or to the integrity of the group?

2. Was the behavior expressed in a single incident, or is it part of a pattern?
3. Can the behavior be corrected and dealt with while the offending individual remains a member of SFFNB? If so, set goals and a time frame so that the individual can show progress and will not need to feel like they are on permanent probation.
4. If the behavior makes it inappropriate for the individual to remain in the group, might the individual reform and/or make restitution while suspended from the group? If so, set goals and a time frame so that the individual can show progress and return to the group.

done with some water!

Staying Healthy and Safe

You may be perfectly healthy, but the germs and bacteria that don't affect you may affect those who eat the food. Cleanliness, therefore, is a serious health consideration as well as a reflection of respect for those eating and for your co-cookers.

Note: Starting off with good habits is always better than trying to integrate new things into your routine later on. Make sure everyone knows from the beginning that cleanliness is important.

Before Starting:

- * Wash hands with soap before cooking, to elbows, and dry with a clean towel.
- * Wear clean clothes or take appropriate precautions, such as wearing an apron.
- * Roll up sleeves or any clothing that may drag through prepared food, and tie back hair.
- * Don't cook while sick or bleeding - bandage wounds first.
- * Clean cutting boards/surfaces with a clean sponge or cloth before beginning.
- * Fill clean buckets with water for rinsing vegetables.

During Preparation:

- * Make sure you wash buckets before you put any food in them.
- * Change vegetable rinse water when it gets dirty.
- * Food that falls on the floor during prep must be washed again before being added to serving containers.
- * Replace or rewash cooking spoons/flatware that fall on the floor.
- * Taste soup, etc. with a clean spoon - not with a cooking/serving spoon or unwashed finger.
- * Don't cough or sneeze above food being prepared - look away and cover your mouth!
- * Rewash hands after coughing/sneezing, nose-blowing, using the toilet, smoking, picking your nose, snorting, etc.



individuals to represent her/his needs.

6. Willing individuals will speak to harasser before next meeting.
7. If warranted, harassee may request not to work with harasser, leaving the harassee free to work when she pleases. Consequently, harasser loses some of her/his privileges.
8. If harasser does not change her/his negative behavior and extreme circumstances are present, the harassee has the right to ask that the harasser not be present at meetings.
9. All of the harasser's requests will be discussed in the larger group to ensure that harassee's requests are warranted and to ensure that prejudice does not occur against said harasser.
10. All complaints, individuals and situations are unique, and will be approached accordingly.

Notes on Process

The aforementioned is just one example of a group process for dealing with sexual harassment, and it could be applied to any and all situations of harassment.

Everything Food Not Bombs does is guided by process. In fact everything in life is. Most processes occur without people really thinking about them. Some issues within an open collective like Food Not Bombs are not so easily left to the fates, but rather require active participation in finding



solutions.

How does a group deal with volunteers that are disruptive to the point of paralyzing the group and occupying everyone's energy and attention? What does the group do when the three principles of vegetarianism, consensus

Barley	2.5:1
Bulghar	1.5:1
Couscous	2: 1
Brown rice	1.75:1
Millet	2: 1
Quinoa	1.5:1
Wild Rice	2.5: 1

* **RICE:** Here is a trick for getting the water-to-rice ratio correct (it's our little secret...sshhhh): Put in the amount of rice you want to cook, then add water so that when you stick your thumb in the pot it touches the rice and the water level reaches the first joint on your thumb. Save yourself the trouble of doing the math and just trust me – it works!

You could also do a ratio of 1.75 to 1 for brown rice. Bring to a boil as fast as possible, then throw in rice and turn the flame down really low and let simmer for approximately one hour. Resist temptations to lift the lid as you will let the steam out (this build-up of steam is essential to good rice). At the



end of the hour shut off the heat and let the grain just hang out for a while, still without lifting the lid. A little while later, when you are convinced the rice can't be done, open the lid a take a little nibble. If it isn't done enough for you, put the lid back on and turn on the flame really low for 10 or 15 minutes. Do not stir the rice until it is DONE, or else you will burn the bottom or

harassment – the policies established by Food Not Bombs to combat harassment will be applicable to all members, regardless of gender.

However, it cannot be overlooked that women are more susceptible to attacks of this nature - we are confronted with it whenever we walk down the streets, whenever we turn on the television, whenever we examine our societal status.

So why is it that, when we attempt to draw attention to this fact, our voices are drowned out and our experiences minimized? Why does the responsibility fall on our shoulders to prove that we're not lying or overreacting? What exactly is so threatening about resolving a problem that can be defined as a "women's issue?"

If any individual believes that she is being harassed or violated, that individual has the right to address this problem to the larger group so that immediate action can be taken. Every member of Food Not Bombs has the right to feel safe and supported while working with others. Measures need to be taken so that each individual in question does not have to alter his/her behavior in order to feel comfortable. Rather, the problematic personality should be made to undergo behavior modification.

This involves being informed of inappropriate conduct, not being allowed to work with the individual who has been harassed, and being made aware that Food Not Bombs (as a collective organization) will not tolerate such aggressive and potentially destructive behavior. Emphasis needs to be placed on the problematic personality and that person's willingness to cooperate with Food Not Bombs as a whole. Any individual who repeatedly harasses others should be asked to leave the organization or to work only with members who do not feel threatened by that individual's presence."

-East Bay FNB Women's Group, 1992

We would like to think that there isn't sexism, harassment and other such bullshit going on in a community of people fighting for radical social change.

Wrong, of course. The societal baggage everyone carries almost always manifests itself in one way or another, whether overtly or otherwise. Oftentimes the people that think they're the most "radical" are the ones that have so internalized sexist/racist/homophobic behavior that they can speak in revolutionary terms, but rarely act so.



Center of sunflower
=
pressure cooker
black bean explosion

vegans in mind, of course).

Pressure Cookers

A pressure cooker allows you to cook certain foods conveniently and with less water, especially grains. On the down side, pressure cookers are dangerous, they need to be repaired a lot, and, in the opinion of many, don't make food as tasty. Seasonings must be added in the beginning or the end.

Commercial pressure cookers are no longer manufactured in the U.S. If you want to buy a pressure cooker, a cannery supplier may be your best bet, although you may get lucky at a kitchen supply store. Cannery people make their living with pressure cooking, so for parts advice and other stuff ask these folk. Expect to spend at least \$600 for a cooker.

said by someone else, especially someone you don't feel is as important as yourself. Or, like saying the same thing over again unnecessarily, etc.

- * Attention-seeking: using all sorts of dramatics to get the spotlight (as above).
- * Put-downs and One-upmanship: "I used to believe that, but now" or "How can you possibly think that?!"
- * Negativism: Finding something wrong or problematic in everything.
- * Focus Transfer: Transferring the focus of the discussion to one's own pet subject to give one's own pet rap.
- * Self-Listening: Formulating a response after the first few sentences, not listening to anything from that point on, and leaping in at the first pause.
- * Inflexibility: Taking a last stand for one's position even on minor items.
- * Avoiding Feelings: Intellectualizing, withdrawing into passivity, or making jokes when it is time to share personal feelings.
- * Condescension and paternalism: "Now, do any students or younger people have anything to add?"
- * Being On the Make: Using sexuality to manipulate others; not to be mistaken with just flirting, being on the make is about power.
- * Running the Show: Continually taking charge of tasks before others have a chance to volunteer.
- * Graduate Studentitis: Protectively storing key group information for one's own use and benefit.
- * Speaking for others: "A lot of us think we should..." or "What so and so really meant was..."



Oakland, California

guessing game to figure out when the foods done before the plug blows out.

-Make sure any rubber gaskets or seals are in good shape. These are hard to replace; If possible, find out where to get them when you obtain your cooker.

-If you drop a base or lid hard, it may be worthwhile to have the piece magnafluxed or X-rayed for microscopic fractures, which can become



macroscopic ruptures! Do not etch on the cooker for the same reason.

-Keep the pressure relief valve clean, not clogged.

* Don't fill to the top with food and water, leave extra room at the top (20 of the volume).

* Don't open the cooker until the pressure is zero. Opening at 1 psi may harm you or the cooker, and will almost certainly splatter food everywhere. Any higher may kill you.

Not So Typical But Yummy Stuff

Here are a few recipes that can be used when we have foods that we don't usually get, or when there is an abundance of a particular food (like bread or apples). These reflect what we get an awful lot of in the East Bay, California, such as avocados and bread. Your special recipes will reflect what you get a lot of. Send us your recipes to make this section more reflective of all regions. Also check out Food Not Bombs by C.T. Butler and Keith McHenry for recipes. A Food Not Bombs cookbook is around somewhere, put to-

- * Clarify any possible misunderstandings
- * Clearly tell them what it is that you want
- * Assure them that you want them to be treated fairly
- * Look them in the eye, but let them avoid eye contact if they want
- * Tell them your first name, ask for theirs and use it often
- * If person is out of control, shift their attention away from source of anger
- * Find a common ground to build trust on
- * Agree to disagree
- * Avoid substances that interfere with clear thinking
- * Don't take yourself too seriously
- * Don't make sudden movements
- * Sit down or ask others to sit down
- * Keep people from crowding around and talking over one another



- * If you're already sitting down and you need to get up, do so slowly
- * Be flexible
- * Walk away
- * Be aware of other people's boundaries
- * Adjust your attitude
- * State the obvious (I don't want to fight)
- * Leave them an honorable way out
- * Explore other options
- * Get advice from someone you trust

This is just a summary. If possible, get nonviolence training.

a bunch of ' onions and some garlic. Add to this about 1/4 to 1/3 cup sage and oregano, a tablespoon of rosemary (crumple this with your hands to bring out the flavor), and salt and pepper to taste. Mix the herbs and oil into the bread. Bake in a preheated oven of about 350 to 375 degrees (covered) for about 1 to 1 1/2 hours. Take off the cover and continue to bake for about another half an hour to make the top crispy. Travis says: "I am a homegirl from Tennessee, and back home stuffin' is the shit!"

Herbs, Spices & Seasonings

More often than not you'll have to buy most of your seasonings. While this costs money, you'll have control over what you get, whereas the food you season is determined by the luck of the donation. Thus we list spice combinations to add to various produce combinations rather than whole recipes.



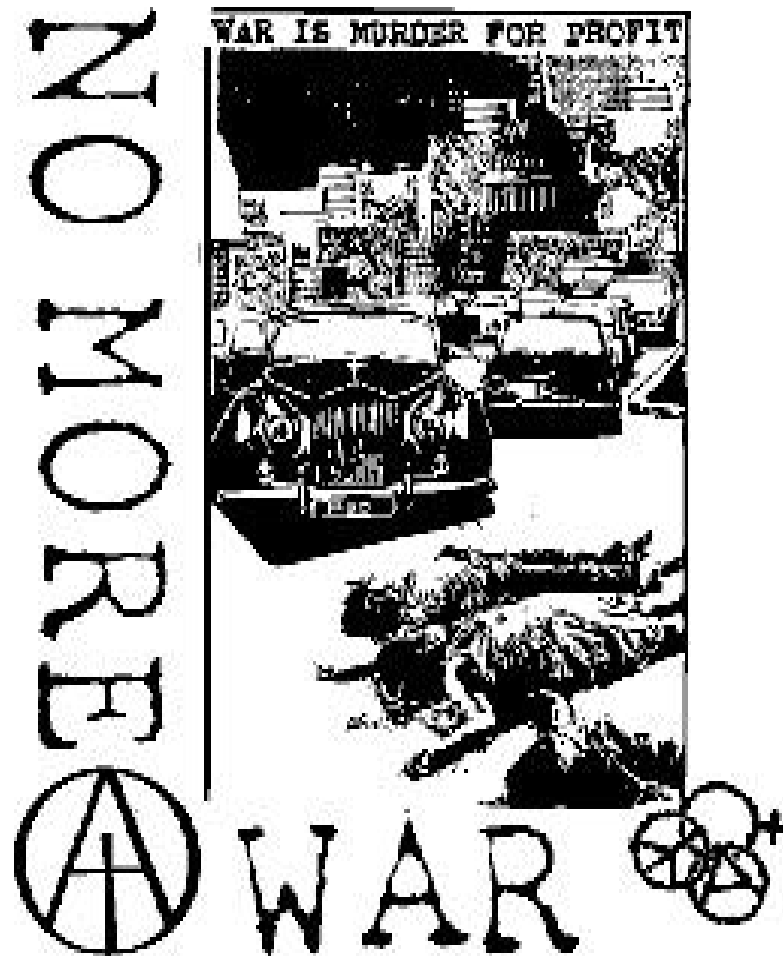
Herbs are green leaves; **Spices** are ground roots, bark, and berries; **Seasonings** are other things added for flavor. (See Kitchen Supplies for lists of such things) The best way to figure out spices and herbs is to taste them, then taste the dish or foods you're about to flavor. The stronger the taste, the less you should use. Throwing in everything will achieve a "canceling out" effect and therefore is a waste of resources. Let the whole group use its collective judgment for the best results.

Listed here are some tried and tested combinations of spices and herbs. The amounts listed are for one five-gallon bucket of food. This is a starting point; if you want more, add more! Add salt and pepper as well as herbs during the last 1520 minutes of cooking. If you are frying onions and garlic separately, you can sauté the spices as well to bring out the flavor more. In general, spices need to be cooked and herbs do not and both get stronger with time.

Don't worry if everything listed isn't available; it will probably be ok with what you have. We improvise with what we have, but we might as well be gourmet!

* **Cooperation:** Look for areas of agreement and common ground, avoid competitive right/wrong, win/lose thinking. When a stalemate occurs, look for creative alternatives or for the next most acceptable proposals. Avoid arguing for your own way to prevail. Present your ideas clearly, then listen to others and try to advance the group synthesis.

* **Creative Conflict:** Avoid conflict-reducing techniques like majority votes, averaging or coin-tossing. Try to resolve rather than avoid the matter. Don't abandon an objection for harmony if it is a real problem. Do not try to reward people for standing aside and do not trade off objections.



else's hands (not your hands you goof, or it will get worse) for five minutes.

* Chilies can be added to guacamole in place of cayenne pepper.

Remember: cayenne and fresh chilies "develop" (increase in flavor) over time and what you think isn't that hot now may take revenge on you later.

Chinese:

for stir-fry, rice, etc.

Garlic – 6 to 8 cloves, minced

Gingerroot – 2 to 3 inches, minced

Soy Sauce – about a cup

Sesame Oil – a few tablespoons

Vinegar- a few tablespoons. Use rice vinegar, if possible, or apple cider vinegar.

* Whole seeds and nuts are good in these dishes, and minced chilies can be added as well.

Indian:

Especially good for stew of lentils, peas or garbanzos, and veggies

ONE:

Curry or Garam Masala – 1/3 to 1/2 cup

Turmeric – 2 Tablespoons

Garlic – 6 to 8 cloves, minced

Gingerroot – 4 inches, minced

Cayenne Pepper – 1 teaspoon

* Sauté the spices with the garlic and the ginger.

* Turmeric can taste bitter and medicinal if you add too much.

* Adding a few teaspoons of turmeric to rice water will color it golden.

TWO:

Cumin – 1/3 to 1/2 cup

Coriander – 1/4 to 1/3 cup

Cilantro – 1 to 2 bunches, chopped

Garlic, Ginger and Cayenne – to taste

* Add the cilantro after cooking, and only if Jason isn't eating J

* Raisins cooked with rice, or nuts and seeds added later are nice.

* In Indian dishes, as well as North African and Middle Eastern dishes, a great variety of spices and herbs are used. Don't throw in everything or they will cancel each other out.

Middle-Eastern:

Good with veggie/lentil/garbanzo-type stews; or with (the dreaded) eggplant, tomato, onion type-stuff; or even winter squash or pumpkin. This is excellent in tabouli or other bulghar dishes. There are three combinations listed here:

ONE

Cumin – 1/4 to 1/3 cup

is recommended.

Note A: Facilitation skills take time to learn, but are invaluable for working in collectives and groups in general. Seeking out training is a great idea.

Note B: The facilitator is instrumental in maintaining effective process with disruptive behavior, and in bringing out people's strengths. Ideally everyone takes responsibility for group process and dynamics. See How to be Constructive, Productive & Generally Nice at a Meeting for examples of these behaviors.



* **Timekeeper:** This person just informs the group that a particular agenda item's time limit has been reached. Usually the person bringing up a particular agenda item specifies how much time s/he would like to spend on it. When those limits are reached, the group decides whether or not it will continue discussion, or make a proposal right then.

* **Vibes-watcher:** The vibes-watcher's role is to be alert to feelings of hostility, animosity, and general tensions in the group. S/he should feel free to point out when people are taking too much time on something, or when the energy is negative and the group needs to reaffirm its positive feelings and purpose.

Note A: The vibes-watcher is allowed to interrupt people when they are speaking in order to make pertinent observations. But she should only interrupt when absolutely necessary.

Note B: The vibes-watcher should make sure to separate the action from the actor. Don't criticize the person, but instead point out what seems to be

The Garlic Argument

The local East Bay FNB manual said: "And remember folks, there is no such thing as too much garlic!"

Though garlic is the proverbial "bomb," there is such a thing as too much garlic. It can overpower the other herbs and spices used in a dish. The main idea to bear in mind when seasoning is that you want to achieve a balance of flavors.

But then again, if you love garlic, you love garlic...hmmm, an endless cycle of but's...

Notes on Cleaning

- * At the end of the cooking day clean the pots, pans, tables, countertops, floors, used cups and utensils, and dirty buckets.
- * For the dishes use dish soap and a clean sponge. Check for food residue and rinse thoroughly as most soap is toxic.
- * Buy organic soap when you can afford it.
- * Be sure compost goes off to a pile or appropriate holding place (see Compost).
- * Take/send leftover food to the central refrigerator, to another event or organization, or to the next kitchen.



- * Rinse all recycled cups and utensils in bleach water (one full cap per bucket of water) and rinse with water after.
- * After all this, put non-plastic things in a large pot of boiling H₂O to truly sterilize them.

Note: We must leave each kitchen cleaner than we found it. In most kitchens we can return to clean after the meal, but towards the end of the shift people



instead do it implicitly, probably because many logistical issues aren't so controversial. Usually experienced (and more vocal) people speak more, while newcomers may remain quiet and perhaps volunteer when more experienced folks say something needs to be done and look around.

But when an issue isn't as mundane as the "who drops off what and where" situations, we recommend that you do stick to the process. Hell, making consensus work for any discussion is preferable and truly empowering.

Making sure everyone has the chance to speak is essential to making Food Not Bombs a truly alternative and radical organization. So learn how consensus works. If going through the steps seems like a drag, and drags on in a mechanical sort of way, figure something else out. But we recommend that the essence of the process be stuck to.

Make sure the facilitator keeps a stack, make sure people raise their hands to speak (so who gets heard doesn't depend on loudness of voice) and make sure everybody understands why it's important to respect the discussion by not interrupting and dominating.

Sticking to the general consensus process from the beginning (or from now on) is highly recommended. Teach new volunteers how things work. Don't expect perfect harmony right away. Learning to cooperate and respect each

- * Rewash hands if necessary (see Cooking - Staying Healthy and Safe)
- * Do not eat or permit anyone to eat over the food.
- * It is generally unadvisable to let people serve themselves.
- * Don't just leave the food unattended.

Dealing with Violent Assholes from All Walks of Life

- * Most people in America have a lot of rage they need to discharge somewhere. Since some people quickly forget about the whole personal responsibility thing, and try to get away with stuff in anarchic environments like a Food Not Bombs serving, it is important to know how to deal with aggression.
- * Stay calm. Take deep breaths
- * Nicely asking people to be nice works more often than you'd think.
- * If the situation is difficult, call on people in the crowd for support. Most support the mission of Food Not Bombs.



First arrest of Food Not Bombs - San Francisco, 1988

- * Don't go it alone! Make sure other FNbers and people around know what's going on (if it's not already obvious).
- * Don't put yourself in a situation you're not prepared for.
- * At the same time, remember that tolerating violence or aggression at servings only leads to more.

Remember the non-violence principles of Food Not Bombs. Taking one of

Introductions

- Clarify Process
- Answer Questions or Issues
- Questions to Clarify Presentation

**Level 1
Broad Open Discussion**

- Group Discussion
- Call for Comments

**Level 2
Identify Concerns**

- Are Any Concerns?
- Group Raised Concerns

**Level 3
Resolve Concerns**

- Resolve Grouped Concerns
- Call for Comments

- Resolve Remaining Concerns
- Questions to Clarify Concerns

- Discussion Limited to Resolving One Concern at a Time
- Call for Comments

**The
Formal
Consensus
Process**

CONSENSUS

**Alternative
Closing Options**

- Stand Aside
- Send to Committee
- Declare Blank

to a commercial kitchen. If someone let's you keep your food in one, your storage problems are solved.

Produce Triage

Deciding which veggies & fruit to use, which to compost and which to leave for another day...

When you pick up food to use for that day, check all the boxes in the refrigerator and outside the fridge. You will want to take veggies that work together, and leave ones that don't fit in, or that you don't have time to process.

For example, say you need a box of bell peppers and there are five or six boxes of them. One box is moldy. If you have time and there is room, dump it in the compost. One box has some dead peppers, but a lot of good ones. Take that box. Leave the other better boxes for use later in the week.

Use this same process for all fruits & veggies. Try to build your meal around what needs to be used right now. Greens and berries deteriorate especially quickly and won't wait. If you have the time and if there's room in the fridge, put boxes of produce that are okay but on the edge in the fridge for the next day.

Fragile produce such as greens, berries, grapes, bartlett pears and broccoli need to go in the fridge. Most root veggies (except yams, sweet potatoes and carrots), winter squash, melons, apples and lemons are okay out of the fridge if there is no room. Summer squash, peppers, eggplant, cucumbers, green beans and tomatoes are okay outside for a while if they need to be.

If you have picked up produce from the market and are bringing it for storage, plan to spend some time sorting and rearranging. Don't stack a wall o' boxes in front of a stack of older unsorted produce and leave, because then someone will have to move all those boxes to sort food. Are there six flats of moldy strawberries in the fridge? Take them out and dump them in the compost, putting all the plastic baskets, plastic bags, metal twist-ties, etc. in the garbage or recycling, and the boxes in the recycling area or trash. Quickly check out the produce. Put the oldest but still-usable produce in front or in the fridge. Look through this stuff to remove bad items that could affect the other produce. Compost boxes that aren't worth sorting. Put hardy new produce in back of, or below, the older, usable produce. While picking up the produce, do not accept items you know you won't use, for example, artichokes, coconuts, or 15 boxes of just about anything. Thank them but explain you can't use it. If you are worried that they might stop giving you food if you don't take it all, evaluate whether you need it or not. Is most of the food moldy, or just some of it? Be tactful.

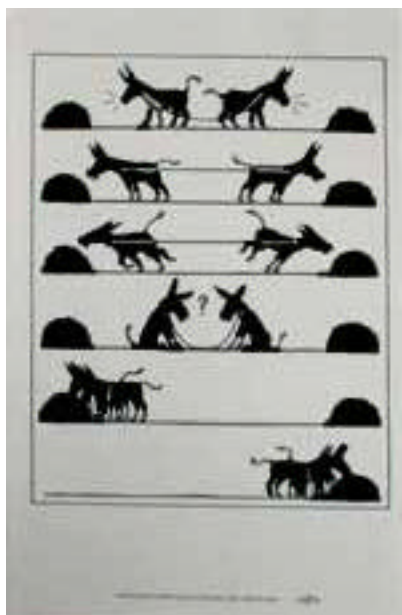
with new volunteers before a meeting starts.

It is best to start off by agreeing on meeting process, rather than falling into bad habits right off the bat. You might want to have a regular agenda for meetings, with some items being consistent and others being brought up as need be.

Dealing with time during meetings

People have been known to get frustrated when discussion about some topic becomes nothing but endless banter back and forth, without real dialogue or resolution. Every topic (especially the larger, more visionary ones) need not have an immediate resolution, but if one topic seems to be dominating the meeting, perhaps tabling the issue until the following meeting would help people mull over their opinions and encourage fresh, new thinking.

Note: When someone brings up an item for the agenda (in the check-in), have them suggest a time limit for that topic. When the timekeeper signals that time is up for that topic, the group decides collectively if they want to continue discussing that topic (set another time limit), bring up a proposal based on the discussion to that point, or table the issue.



Here are some parts to a Food Not Bombs meeting, somewhat in order:

* **Check-in:** Everyone introduces himself or herself, expresses how they are doing and feeling, and adds any topics they want to discuss to the agenda.

* **Three principles:** Spend one minute going over what the FNB principles of nonviolence, vegetarianism and consensus mean. Have a new person speak up every week. This step helps reaffirm the principles in people's minds, and isn't insignificant.

* **Intro to volunteering:** If there are new volunteers in attendance, spend five minutes going over any questions they may have, and explaining how your FNB process works. Everyone should be made to feel comfortable explaining things to new people.

Standing on a step helps.

3) **Transport** compost to a compost box. Your compost box should be able to contain at least one cubic yard of compost so that there is room to develop a hot compost culture.

4) **Mix** our "green" nitrogen-rich food waste with equal volume of dry "brown" carbon source. This could be dry leaves, straw or untreated wood shavings that are gathered from outside sources and left near the pile. This is the most important step for successful compost.

The most common problem is when there is not enough "brown" material and the compost doesn't get the air it needs and anaerobic (without oxygen) conditions develop. This creates a really smelly (ammonia like) goo pile.



While indeed your pile will eventually break down like this, it loses important nitrogen. An ideal pile is well-aerated (turning helps!) and has the dampness of a wet sponge. A dry pile will break down slowly and it may be best to moisten a drying pile in the summer months.

5) **Turn** or "fluff" existing piles. The idea is to mix air in, too.

6) **Rinse** out the buckets and return cart and buckets to storage area.

Finished compost can be achieved in 1-3 months after the last new waste is added.

Ways to speed the process include:
* chopping finer
* getting a hot pile

* turning more often.

You will recognize finished compost because it will look and smell like dark sweet earth. You may need to sift out big particles. It is excellent to add to garden and houseplants. It can be dug into the garden (adding humus and nutrients) or used as mulch. It nourishes the plants, helps retain water and creates a living soil, thus completing the cycle of birth, death, and life.