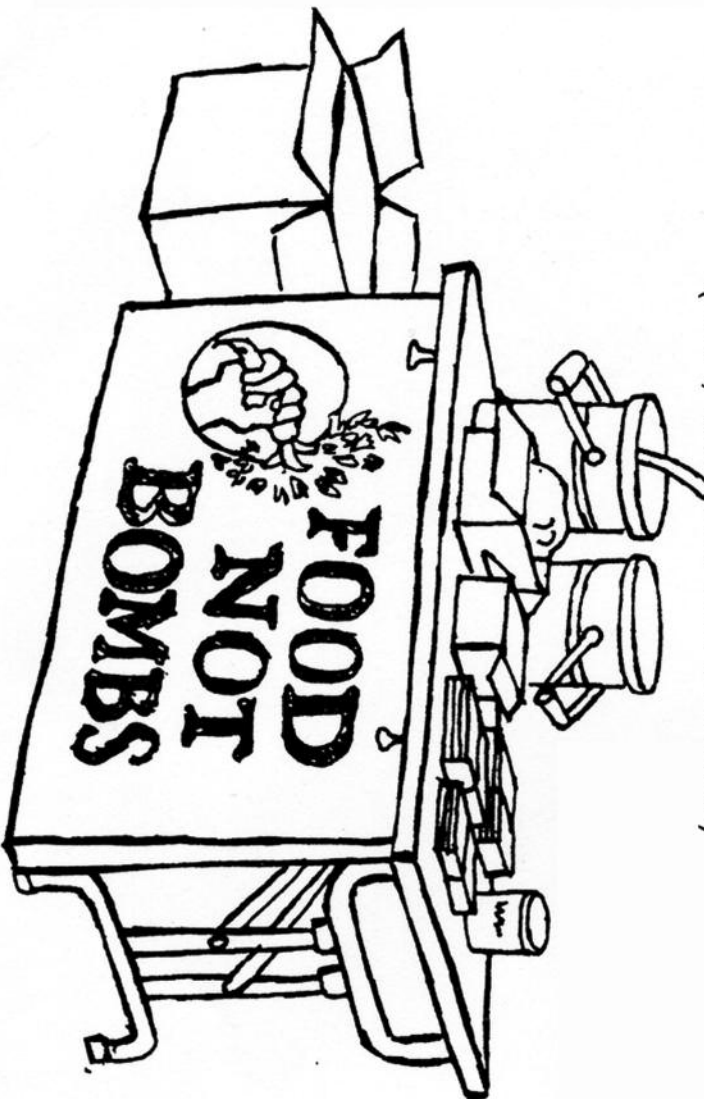
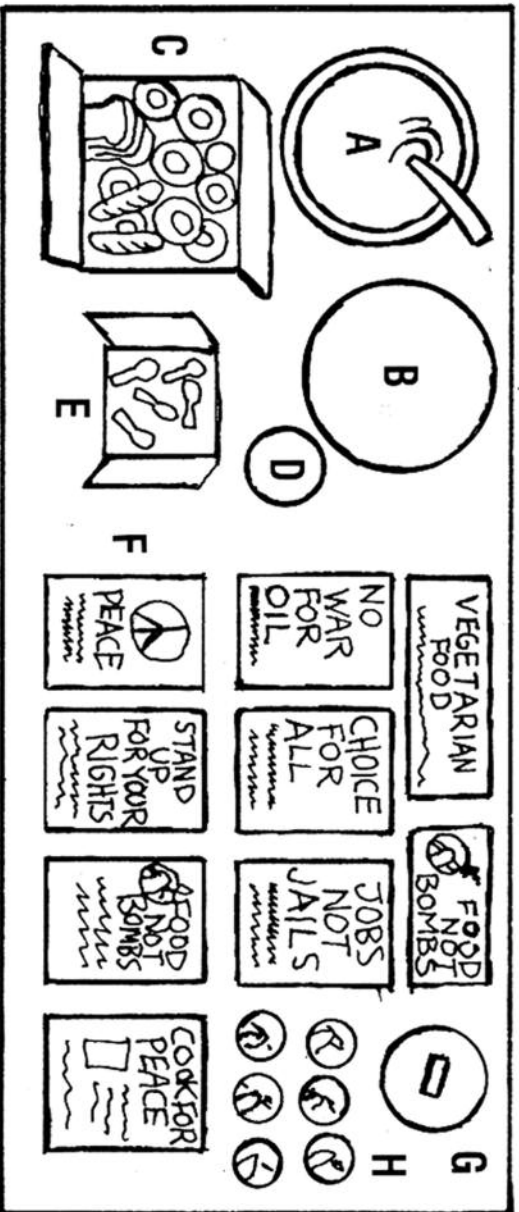
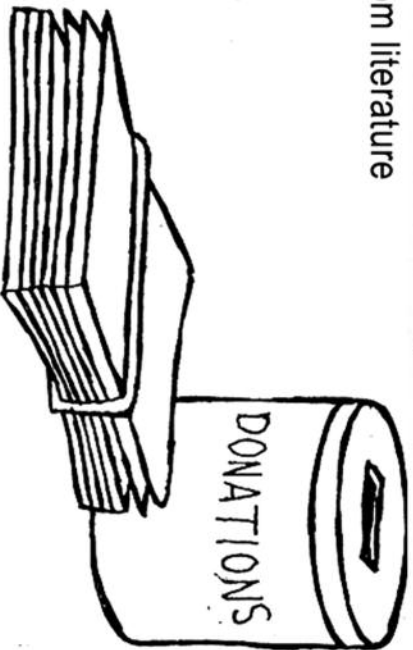


The Basic Food Not Bombs Table

(food, literature and a banner)



- A. Hot Soup (wet) - keep away from literature
- B. Salad or other dry food
- C. Bread and bagels
- D. Salt or other spices
- E. Spoons or forks
- F. Flyers, book & stickers
- G. Donation can
- H. Buttons



Suggest line pass by literature before the food so less food is spilled on the flyers



YOUR MEAL ISN'T A FOOD NOT BOMBS MEAL IF YOU DON'T HAVE LITERATURE AND A BANNER

SOLIDARITY NOT CHARITY

It isn't a Food Not Bombs meal if you don't have literature and a banner.

The Food Not Bombs literature table is an effective way to work for social change. Your group can display your banner and set out literature at every meal. Your group can also set up a distro at concerts and other public locations between your regular meals. Make a point of engaging the public in conversation about subjects like diverting resources from the military towards necessities like nutritious food, educations and healthcare. While some volunteers are sharing the food others can staff the literature table. Volunteers can let the public know that Food Not Bombs shares free vegan and vegetarian meals with the hungry in over 1,000 cities around the world to protest war, poverty and the destruction of the environment. You can download flyers from www.foodnotbombs.net/flyers.html

Your group will increase the number of people at your meals, more volunteers and you will get more food donations with an attractive, informative table and tasty vegan food. Add your contact information on your flyers so the public can reach you. You may want to provide a sign up sheet at your meal to collect contact information from people interested in helping out. The literature will also encourage more diversity at your meals.

Your chapter can also collect stacks of flyers about many urgent issues by contacting other activist groups in your area. Your regular meal can provide flyers announcing local protests and other events. They will be happy that you are helping them reach the public. Print or collect at least 100 copies and use a number 19 rubber band to hold them together. Your chapter can have a water proof box and pack it with the largest flyers on the bottom and topped off with your Food Not Bombs banner. Take the box out to every meal, hang the banner and set out the literature in neat rows.

Censorship in the United States and other repressive countries has left many people ignorant of government and corporate abuses and the possible solutions to these issues. Food Not Bombs literature tables are a great way to get around this censorship. Food Not Bombs started as a street theater group interested in talking to public about issues ignored by corporate media. The literature table can create a safe place for people learn about a wide number of issues and inspire debate. The Food Not Bombs literature table has inspired conversations that lead to political change in Iceland and other countries.

Meals without a message is just charity and supports the current system of exploitation. The U.S. government has a nationwide campaign against our bringing literature and a banner to our meals because they know it is one of the most effective ways for us to encourage resistance to their policies. Food Not Bombs is not a charity, we are organizing to change society. Our banner, literature and conversation with the public is as important as the food. Consider adding music, theater, poetry, dance, art and other cultural expressions to your meals to inspire positive social change.

**With over a billion people going hungry each day how can we spend another dollar on war?
No one should have to stand in line to eat at a soup kitchen.
Food is a right, not a privilege.**



The police take the literature and banners to silence message of Food Not Bombs



Food Not Bombs daily literature and food table in Harvard Square, Cambridge one afternoon in 1981

We found that the best way to reach the public with our ideas was to set up a literature table in Harvard Square and offer them vegetarian food. We offered snacks during the afternoon as a way to interest people in talking about peace, social justice and the environment. Drummers, puppets and a vegetarian dinner arrived each evening to add to the festivities. We introduced hundreds of people to vegetarian diets, news of opposition to the wars in Central America, the nuclear arms race and efforts to end sexism, racism and the destruction of the ecosystem. Our daily street theatre was entertaining, our food tasty and our literature informative. Your regular Food Not Bombs meal can be a fun way to inspire public participation in seeking solutions to the urgent issues facing our communities.

www.foodnotbombs.net/flyers.html - 1-800-884-1136