

FOOD NOT BOMBS

MENAHKWESK
SAINT JOHN



Food Not Bombs is an all-volunteer movement that recovers food that would otherwise be discarded, and shares free vegan and vegetarian meals with the hungry in over 1,000 cities around the world in protest of war, poverty, and the destruction of the environment.

Food Not Bombs is a non-profit and relies on the community. Your food donations directly support the most vulnerable in Saint John

The Saint John chapter has distributed over 1200 meals in 2025-2026

Donations: donate@sjcommunity.ca



foodnotbombssj@proton.me



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MENAHKWESK SAINT JOHN



ISSUE #1

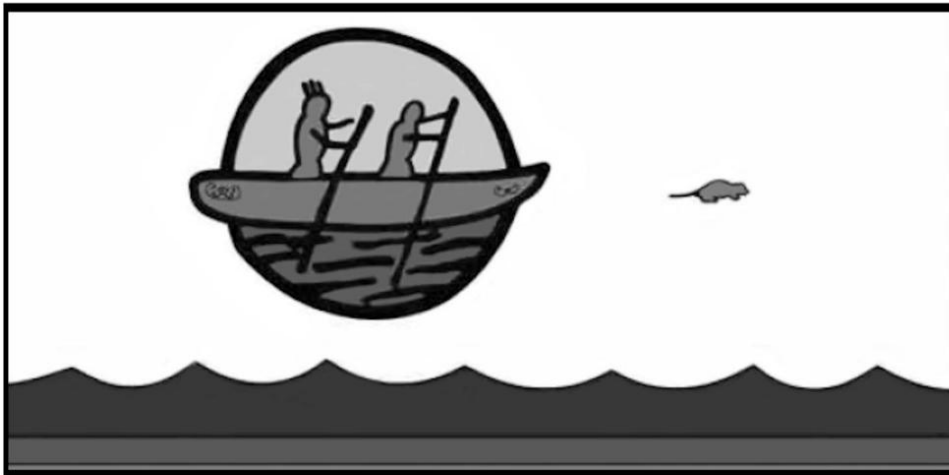
MAKING CONNECTIONS



FOOD NOT BOMBS

MENAHKWESK SAINT JOHN

This Food Not Bombs chapter operates on the unsundered lands of Menahkwesk, home of the Wolastoqiuk indigenous peoples. As we work to oppose war, colonization, economic violence and all other forms of oppression, we reference Menahkwesk first, as Saint John is a name given by the colonizer.



FOOD NOT BOMBS

MENAHKWESK SAINT JOHN

The current iteration of Food Not Bombs Menahkwesk / Saint John was born from the Palestine Solidarity movement. We were inspired by stories of mutual aid networks that had formed amidst the intense violence and dispossession experienced by the people of Palestine, and especially Gaza. When food, water and lifesaving medical supplies were kept from them, they banded together to meet their shared needs with what little they had. The oppression of Israeli and American imperialism is a mirror image to the oppression of capitalism here in so-called Canada. Standing shoulder-to-shoulder in rallies, week after week, ideas for action came easily.

Since the first meeting was called in the Summer of 2024, FNBMSJ has organized regular food and literature distros, catered for events that promoted popular power, and rescued many pounds of food from going to waste. This past Winter, weekly meals were served at the Out of the Cold Shelter on Saturday nights, and we began renting a shared storage space to keep supplies. As of March 2026, work has already begun on a community garden. Credit for our successes is in part due to the Food Not Bombs international organization. Their website provides countless free and helpful resources for starting a local chapter, and was an inspiration for our own.



GARDAWORLD GET OUT!

THE CITY OF SAINT
JOHN HAS WASTED 780
THOUSAND DOLLARS
PER YEAR ON A 2
YEAR CONTRACT TO
PROVIDE US WITH A
PATROL OF USELESS
COP WANNA-BES
TO DRIVE AROUND
AND SIT ON WATERLOO
SCROLLING THROUGH
TIK TOK.



GARDAWORLD FEDERAL
SERVICES HAS A \$138
MILLION DOLLAR
CONTRACT WITH I.C.E.,
PROVIDING GUARDS IN
THEIR CONCENTRATION
CAMPS.

UNIFORMED THUGS
ARE NOT COMMUNITY
MEMBERS!



MAKING CONNECTIONS

We've made lots of great memories and met so many amazing community members in this short time. Now, with many eager volunteers, it's very inspiring to look back at our humble beginnings. Starting out frying eggs on an electric grill, cooking pancakes and waffles by the bandstand, sharing laughs with the folks at the shelter every Saturday. Our biggest hit so far has got to be the Macaroni and Cheese.

Food is life. Agency is security. Going into the warm season, we are looking forward to once again sharing food and literature outdoors, and strengthening the commitment to mutual aid. Starting April 18th, you can catch us at Solidarity Square (Kings Square) on Saturdays, 4pm-6pm. Our distros are open to all; rich or poor, stoned or sober. The opportunity to cook, serve, clean and otherwise work toward improved food security is open to all. We hope to see you there!

FOOD IS A RIGHT... NOT A PRIVILEGE.
SOLIDARITY - NOT CHARITY

MEMORIAL AND TOWNHALL RECAP: MARCH 15TH

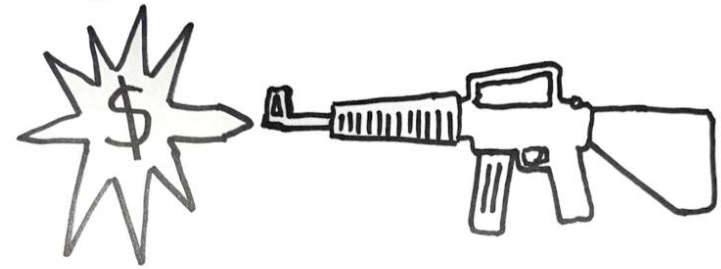
39 people, members of our community, died in 2025.

Due to causes related to homelessness - hostile policies, for-profit and unaffordable housing, inadequate healthcare and supports, social attitudes against poverty and drug use.

We gathered at the SJ Arts centre to remember these folks and to talk to each other about the way forward. The space was set up with photographs from across the city where people hang out, find shelter and friends. There was an open mic and a large canvas along with food provided by

Food Not Bombs - Menahkwesk.

About 80 people showed up and we saw the full range of grief, anger, love and solidarity from community members. The discussions were around red zone policies and the hiring of private security company Garda World by the city, a contract that will cost us 780 thousand dollars per year for two years. This company also has massive contracts with the gang of thugs known as I.C.E. in the U.S., and complicit in the violence there. Both these unimaginative, counterproductive moves are targeted at unhoused folks in the name of "community safety". Neither of them address the root causes of the problem - capitalism a.k.a. rich people hoarding everything and fucking over everyone else.



In just the last decade, our nation has been complicit in the worldwide system of American supremacy, the genocide of Palestinians, the Sudanese civil war & famine, the violent takeover of Venezuela, the continued dispossession of Indigenous communities, and now, the illegal war on Iran. American planes refuel in Canadian airspace. Our Prime Minister won't denounce an unprompted war of aggression. Canadian manufacturers sell weapons to I.C.E. and Israel. Now, there is news that the premier of New Brunswick, Susan Holt, is in talks with explosives manufacturing companies to set up shop here.

**"New Brunswick eyed for massive explosives factory",
read the T.J. on March 24th.**

[New Brunswick / News / The Issues](#)

New Brunswick eyed for massive explosives factory

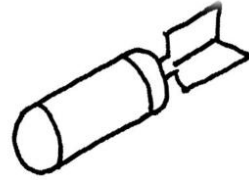
*Premier Susan Holt held meeting over what would be largest
energetics plant in Canada since Second World War*

Adam Huras

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HOW CAN WE SPEND ANOTHER DOLLAR ON WAR?

WHY THE "NOT BOMBS"?



Why not just, "Food?" Whenever we host a distro, there's someone pointing out that the Food Not Bombs' anti-war stance will alienate some people. "What do food and bombs have to do with each other anyway?" The answer is choices. Every dollar invested in killing is a dollar NOT invested in caring.

The money spent on war in one week could feed the entire earth for a whole year. And yet, thousands die of hunger every day.

This is unacceptable.

There is profit to be made on weapons, and not on feeding the hungry. This is because we have inherited a system that prioritizes profit for a few, at the expense of everything else. Other systems of distribution and organization are possible, but are violently repressed. Fighting for the kind of world where everyone is safe from: 1) the fear of bombs; and 2) the fear of malnutrition, is hard work. That is why we provide healthy food and literature. It's sustenance for the body AND the mind. Those who are sustained may choose to give back, and uplift the growing system of care over the system of profit. This builds capacity, and gives more people the opportunity to fight for a better future.



Mayor Donna Reardon and deputy mayor John Mackenzie thought the gathering was "antagonistic" to them and left early, we wondered if they were expecting to be congratulated on a job well done. Others with a thicker skin - Barry Ogden, Mariah Darling, David Hickey, Cindy Miles and former mayor Don Darling stayed. It is hard to say if they learned anything, but we hope they did. We were hoping to see and hear from more of our unhoused neighbours but perhaps the space was not as accessible as we thought. There will be more gatherings, there will be more push back against bad policies and maybe, there will be fewer memorials.



**All of the power, to
all of the people.**

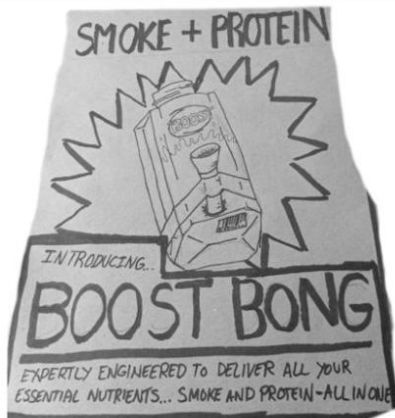


ART & COMIX

SCROUNGER #2



GREEDY AT THE DUMPSTER, NOT WITH FRIENDS!
Take everything of value, but make sure to share it with the community.



SUBMIT YOUR OWN!

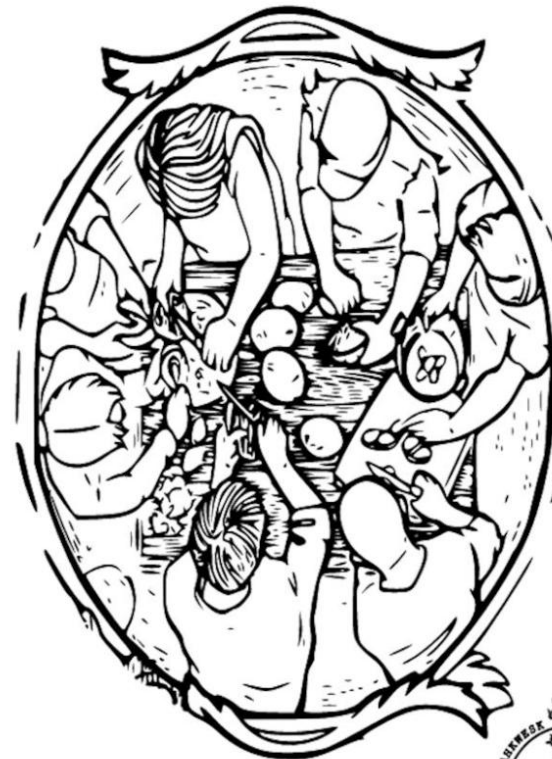


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SPRING COMMUNITY MEAL

18 April, 4 - 6 PM, KING'S SQUARE

SPRING IS UPON US!
LET'S GET TOGETHER
ART, MUSIC, FRIENDS, FOOD!



FOOD WILL BE PROVIDED,
BUT FEEL FREE TO BRING MORE TO SHARE!

