

FOOD NOT BOMBS

MENAHKWESK
SAINT JOHN



Food Not Bombs is an all-volunteer movement that strives to source food from ethical means or that would otherwise be discarded. This organization consists of autonomous chapters that share free vegan or vegetarian meals with the hungry in over 1000 cities in protest of war, poverty, and environmental destruction.

Food Not Bombs Menahkwesk Saint John has served over 1500 meals in the last 8 months. Our meals are home-made, delicious, and always free. We rely on our relationships, community networks, and donations. We do not support corporate chains.

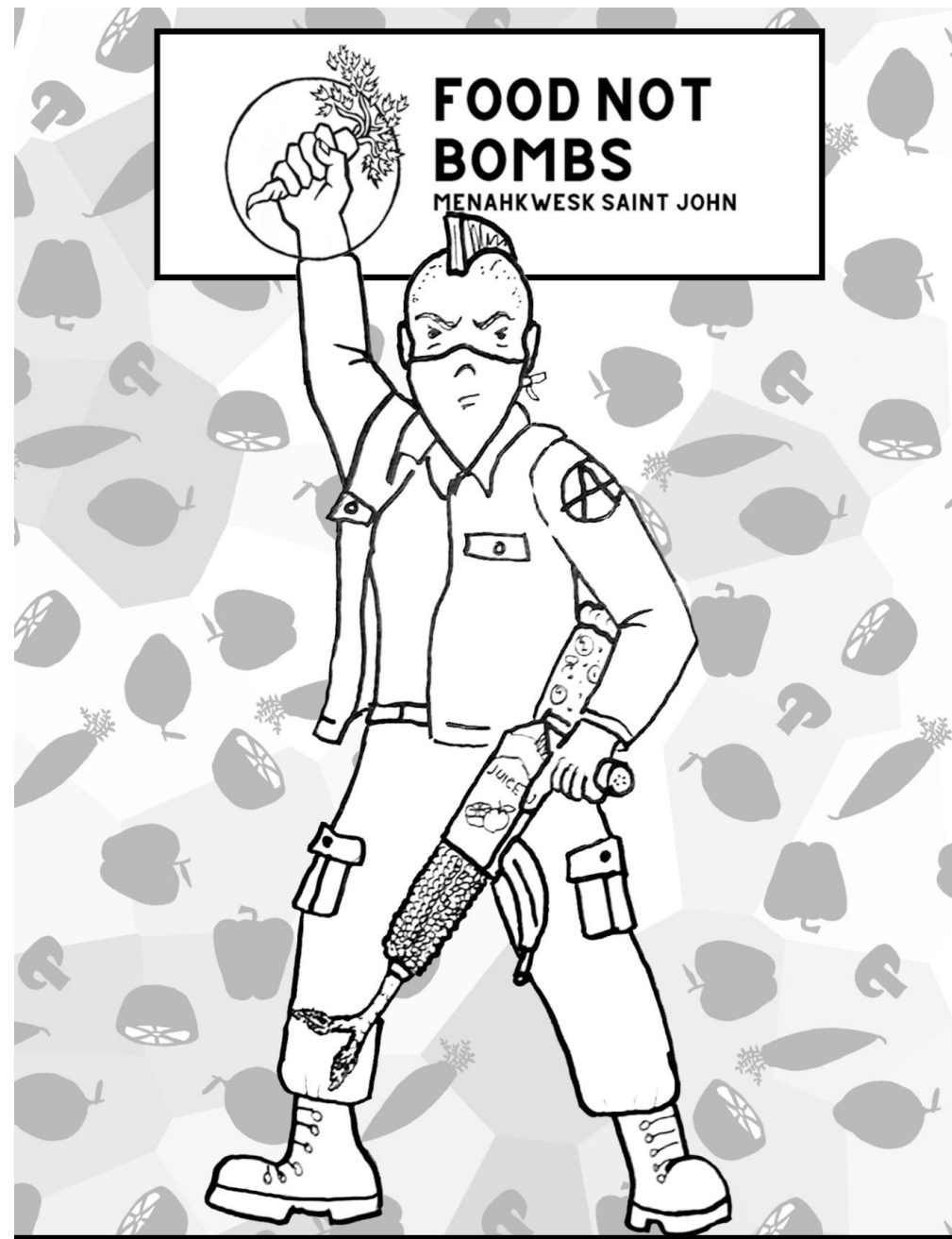
To participate, meet us at one of our distros or contact us at foodnotbombssj@proton.me

Donations can be sent to donate@sjcommunity.ca
Please mention "FNB" in the message.

Thank you for reading!

H.I.

This zine is powered by human intelligence. 100% real brains, eyes, hands and such.



ISSUE #3

EAT!

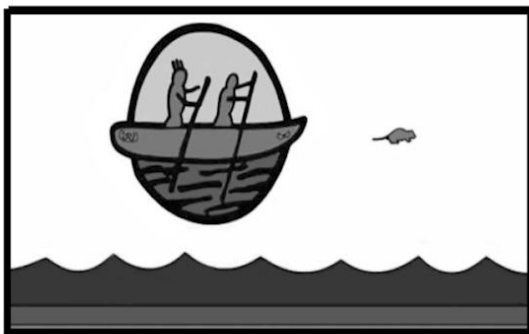
(by any means necessary)



FOOD NOT BOMBS

MENAHKWESK SAINT JOHN

FNBMSJ operates in the area known as Menahkwesk, on the unsundered lands of the Wolastoqiyik indigenous peoples. As we strive to oppose war, colonization, economic violence, and all other forms of oppression, we reference Menahkwesk first, as Saint John is the name given by the colonizing British Empire, and the government of Canada.



Food Not Bombs puts trash in its place.



We staunchly oppose any form of discrimination. In a world where hatred is growing on all fronts, it is essential to take a stand and defend our communities from those who seek to oppress us. FNBMSJ serves people from all walks of life, unless they choose to support hateful ideologies, or hide behind a badge.

Mutual Aid: Antidote for the Market (Part II)

We know the spread of mutual aid networks is a serious threat to the ruling class, because wherever they take root, the state tries to stamp them out. The FBI considered the Black Panther's Free Breakfast Program "... potentially the greatest threat to efforts by authorities to destroy what it [the Black Panther Party] stands for."

Children enjoy a free meal courtesy of the Black Panther's Free Breakfast program. The idea was not only to feed the community - it shed light on the government's failure to address poverty and hunger.



The best defense against I.C.E.'s current deportation machine has been for communities to organize the sharing of information, shelter, resources, and public demonstrations. Free, autonomous societies past and present, like the Zapatistas in Mexico, Rojava in Syria, or the CNT in Spain, depend on networks of mutual aid, and draw ire from their surrounding nation states for having the nerve to be independent. It's not uncommon for authorities to enforce overly-harsh loitering laws just to block Food Not Bombs' distributions (remember, there are FNB chapters all over the world).

There are many ways you can practice mutual aid in your daily life: exchange favours and goods instead of money; help your neighbour move; look after your friend's cat; cook your family a meal to share. Don't burn yourself out, just do things with the understanding that your neighbour might lend you tools, your friend might give you a lift when your car breaks down, and your family may help with childcare. Be aware of the small, priceless acts of cooperation that happen all around you every day. Even buying your work mate a coffee, without asking for payment in return, can be a powerful act of resistance.

***Not everything can be bought and sold,
and not everything should.***

Mutual Aid: Antidote for the Market (Part II)

In Part I, we saw how the spread of market economies is a deliberate and harmful process undertaken by the ruling class. Mutual aid, on the other hand, is an alternative, bottom-up system, in which the distribution of resources is based on need, rather than on ability to pay. All over the world, when money is sparse and markets fail (whether due to poverty, natural disasters, war, etc.), people band together to meet their shared needs.



A "Common Ground Collective" mutual aid distribution center in New Orleans following Hurricane Katrina.

Consider New Orleans after hurricane Katrina, war refugees in camps, or unhoused people sharing cigarettes and food. Do not confuse mutual aid with charity. It is distinct because the people working for the system of distribution are also the ones benefitting from that system, and vice versa. For Food Not Bombs, those who serve the food may also eat, and those who eat the food may also serve. It is not us serving them, it's a community working toward its own well being. This is the essential feature that makes it different from charity, and it's why charity can never really challenge the oppressive status-quo.

Another example of a "Common Ground Collective" mutual aid clinic and distribution center.



Common Ground emphasizes "Solidarity" over "Charity," meaning the mission of the collective is community unity, not an ulterior motive such as religion, corporate tax cuts, or public relations.

BY ANY MEANS NECESSARY



That's our motto. We want freedom by any means necessary. We want justice by any means necessary. We want equality by any means necessary. We don't feel that in 1964, living in a country that is supposedly based upon freedom, and supposedly the leader of the free world, we don't think that we should have to sit around and wait for some segregationist congressmen and senators and a President from Texas in Washington, D. C., to make up their minds that our people are due now some degree of civil rights. No, we want it now or we don't think anybody should have it.

Malcolm X

EAT! (BY ANY MEANS NECESSARY)

Here at Food Not Bombs we understand that keeping our community fed is a top priority. We also understand that corporations are bullshit, and we refuse to pay jacked-up prices that line the pockets of our billionaire oligarchs. Therefore, we work tirelessly to source healthy food in other ways, and we'll tell you all about it in ISSUE #3. Some of you might already be familiar with some of our methods, some of you may be new to this sort of thing. But when you are trying to survive in a capitalist world, we all have to lock in and learn how to keep eachother fed.

**We are not a charity -
We will keep our community fed.
By any means necessary.**



CAN'T AFFORD FOOD?

BLAME BILLIONAIRES NOT IMMIGRANTS

- In 2023, grocery stores doubled their profits.
- It's not because of inflation! Inflation went up only 7%, but prices went up nearly 11.5%.
- It would take 340 years for a grocery worker to earn what Galen Weston, CEO of Loblaws and NoFrills, profits in a year.

- Don't let them distract you with racism -

When food waste is rampant, but you're hungry?
A guide to **DUMPSTER DIVING**

To the average person, the idea of eating something out of the trash is simply unappealing. However, much of the food wasted is perfectly good, and free for the taking – with nothing but some effort and a little know-how. This is a guide so you can get diving and find some goodies!

LOCATION:

The first step is finding a good location. Dollar stores, restaurants, grocery stores, and places that are known to have excess products are a great start.



SAFETY:

Different types of bins present different challenges. Tall ones, slippery ones, and ones that may contain hazardous items. Know what your capabilities are, and don't get hurt.

PRODUCT KNOWLEDGE:

What are you looking for? Processed non-perishable and sealed items are almost always fine, but check for signs of mold or rot, and holes in the packaging. Fresh food requires some more inspection – produce must be diligently checked and washed before consumption. Meat products are the most dangerous, and we recommend not taking these unless they are still cold, undamaged, and you know exactly why they were disposed of.

GOOD LUCK AND HAPPY DIVING!

Robin Hood Vibes

(Steal From the Rich.You Are The Poor)

We're struggling to afford food.You can look it up in any newspaper. Online, there's no end to the pictures of ridiculous prices of everyday staples.The core issue is that grocery stores are stealing from you. But there is a way you can help yourself: we need to start going Robin Hood on their asses.

But wait! Backup! What do you mean that grocery stores are STEALING from ME?!

Well, companies are always trying to make profit.And they do this in a variety of ways, but some of these ways include the exploitation of their workers (unlivable wages), price gouging (blaming price hikes on the pandemic/tariffs, with no reduction once emergencies are over), and in some cases outright criminality (the bread price fixing scheme).



These are crimes against us workers that we have very little ability to fight against. If you steal a \$5 bag of rice, the cops might be called and you might be punished. If a company tells their employee there's no time for their mandated breaks, the cops absolutely will not come, and it will be a long hard battle to seek justice.

Companies will tell you that by stealing from them, you are raising prices for everyone.This is untrue. Companies are insured against losses for the exact reason of theft.They have to pay insurance whether you steal or not. Further suspicion is laid when you witness year over year profits, which means companies are not losing money at all.They have no reason to increase prices by blaming small thefts except to scare you. To make you feel blamed.To keep you at heel.

It would not be in this author's best interest to point out the ways you can start taking your food back from these corporations, but I do recommend listening to the songs quoted on the right half of this page. Start small. Be cautious. Remember that although there are very real consequences that can come from shoplifting, most times you can play off anything as a misunderstanding.

Here's a PSA,
Sometimes it's A-Okay,
To take bottled water from
major grocery chains.
Self-checkout is a wonderland
that heals your heart,
When you keep secrets at the
bottom of your shopping cart.
-Steal from Corporations
By HummusVacuum



'Cause when you add up the
eight billion in overtime
violations,
And the other four billion in
break time violations,
And the other 20 billion in
minimum wage violations,
Then the fucking bread and
hummus that I put in my bag is
fucking whatever.

-I'm On The Rob
By Cheap Dirty Horse



Well if you're hard up for cash
and still have gotta pay the rent,
And continue existing in
your own environment,
Well my friend I have some good
advice for you,
And that is go down to Walmart
and steal yourself some food.

-Steal from Walmart
By Fire Ant Season



My friend's stealing ten dollar
items from Target
He's keeping a tally til 99 times
Cause target is keeping its very
own tally
When he hits a felony they'll
pop him with crimes

-The song about eggs
(NiNETYNiNETiMES)
By thiiird person