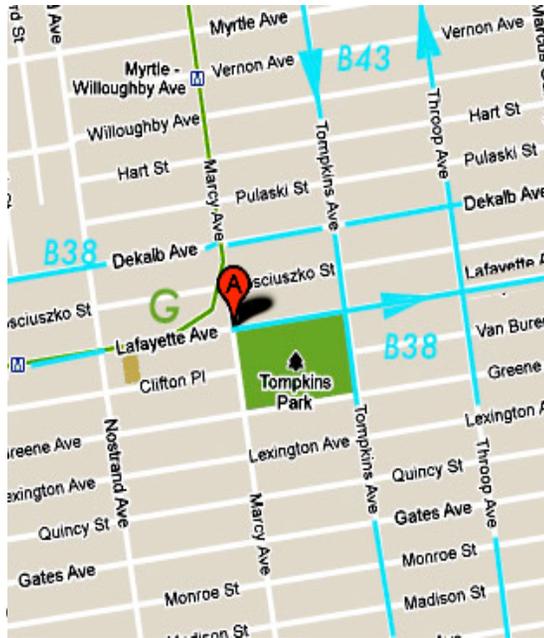


**location: north-west corner, von king park**



*solidarity,  
not charity.*



subway: **g-train** to bedford-nostrand or myrtle-willoughby.

bus: **b38** west from ft. greene, clinton hill, east from bushwick, ridgewood

**b43** south from williamsburg, greenpoint to tompkins & lafayette....

**bed-stuy  
food not bombs**



**food is a right,  
not a privilege.**

email to  
us at  
[LongIslandFoodNotBombs@gmail.com](mailto:LongIslandFoodNotBombs@gmail.com)  
or [bsfnb@etaoin.com](mailto:bsfnb@etaoin.com)  
or call  
**631-223-4370**

**bed-stuy food not bombs**  
[www.bedstuyfnb.org](http://www.bedstuyfnb.org)

**-sharing  
saturdays at 3PM  
at the corner of  
lafayette and  
marcy, outside of  
von king  
(tompkins) park.**

## what is food not bombs?



bed-stuy food not bombs is an independent chapter of food not bombs composed of members of the bed-stuy community working to improve our lives and those of our neighbors.

food not bombs is made up of hundreds of autonomous chapters sharing free vegetarian food with any/everyone. we are not affiliated with a political party and we are not a charity. we believe that there is enough food for everyone if it is distributed in a more equitable manner. food not bombs is one way that we, as members of a community, can address various social issues.

\*there is an abundance of food in the world.

\*everyone should have access.

\*many current food production and distribution practices are wasteful and harmful to our environment.

\*a vegetarian diet is healthy for our bodies and the environment and does not exclude anyone.

\*we need to take responsibility for and be engaged in our community.

## how can i participate?



**-come and share** with us at von king park on saturdays at 3.

**-connect with food sources** such as local restaurants, supermarkets, community gardens, coops, cafés, etc.

**-help us find a kitchen** or other space to meet and cook in.

**-pick up food** from our food sources. vehicles are urgently needed for our larger food contributions. the most crucial times are friday nights and saturday mornings. you can participate once or on an ongoing basis (no commitment required).

## other things we can share.



other than time and involvement here are some other things we can always use...

**-connections** to local groups and individuals

**-school supplies**, paint, markers, glue, fabric, paper, etc.

**-food staples** such as oil, sugar, salt, spices, tea, coffee, beans, pasta, onions, garlic, vegetarian/vegan canned goods, etc. We distribute all kinds of vegetarian food – hot, cold, canned, packaged, and bulk produce.

**-cleaning supplies** such as sponges, paper towels, aluminum foil, toilet paper, etc.

**-cooking equipment** such as blenders, food processors, pots, storage containers, cutting boards, etc.

**-serving equipment** such as large spoons, trays, folding tables, etc.

**-tableware** such as reusable and disposable bowls, plates, utensils, napkins, plastic bags, etc.