

Food Not Bombs Sydney presents

# FOOD FOR THOUGHT ZINE



*Issue #1*

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This work is dedicated to all animals that have been victims of war and famine.

Food Not Bombs Sydney  
[fnbsydney.org](http://fnbsydney.org)

# Hijacking health fads: Reverse engineering Natural™ foods

It's in the name.

If you get it, go do it.

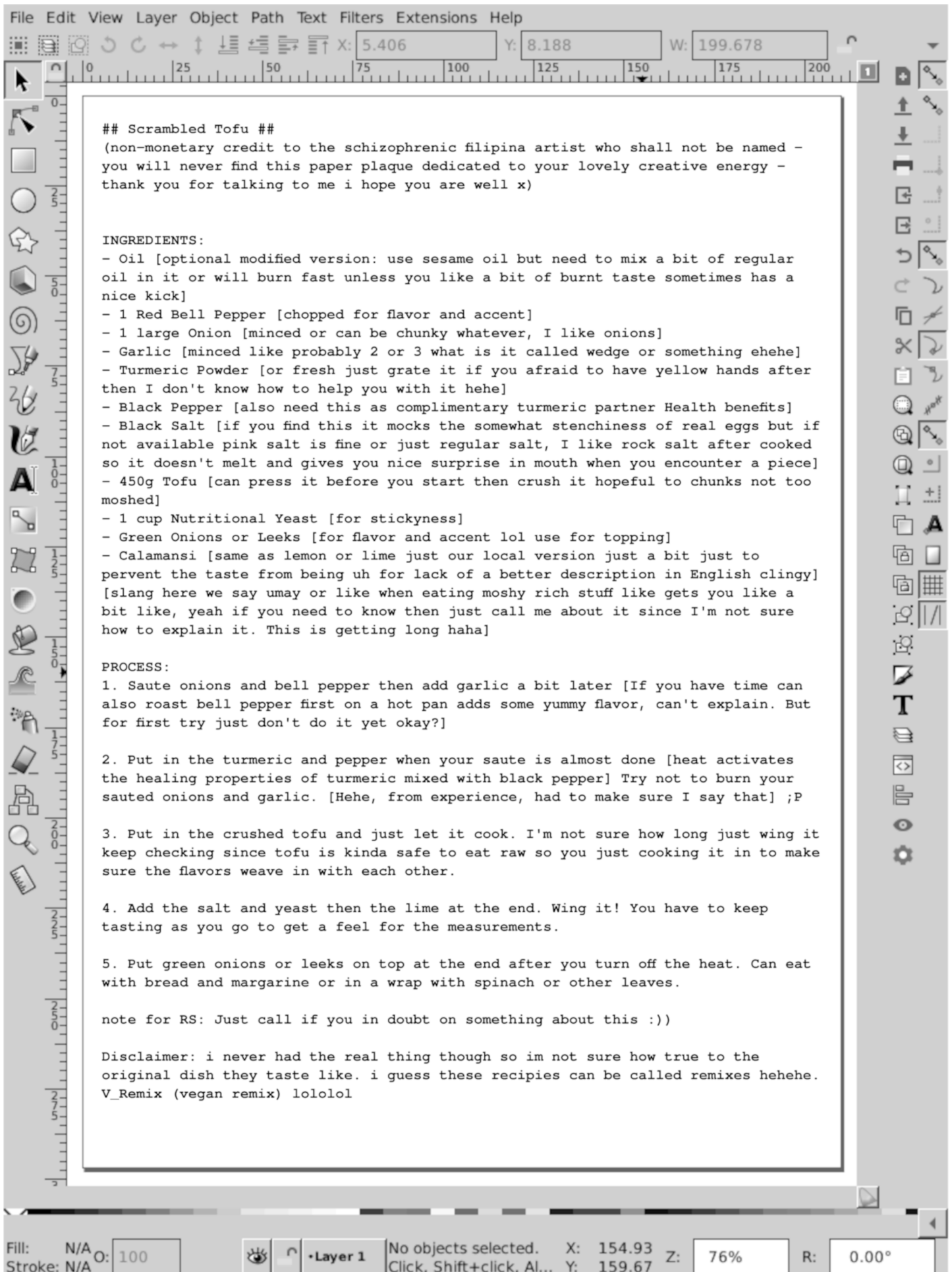
If you can't do it, pass it on.

if you don't get it, read on...

The more these gentrifying Organic-certified natural ingredient Plant Based© hipster foods catch on, the easier it will be to remake your favourite foods all by yourself (and much cheaper). Peanut butter has gone from being five ingredients, to just two. Let them do the hard work of finding the right ingredients, you can just read them off the back of the package. Nowadays, everything is so processed all you will probably need for most of it is a food processor and some spare glass jars. Experiment with the ratios of each ingredient, remembering that they list them in descending order. Follow your tongue, get some help online, and once you think you've hit gold, share your process. This is already happening, you just might not have been aware that it's anti-capitalist. And no, I'm not talking about obvious products like strawberry jam. I mean the alt-y mixed-nut butter that sells for a fortune. That local fermented cranberry nut cheese. Vegan pesto and organic hummus. Top-shelf kombucha and low-sugar ginger beer. Radicalise someone by remaking their favourite comfort food.

Find vegan recipe sites that open-source your food and tell us about it.

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# *Stop Cop City, Defend the Atlanta Forest!*



In early 2021, it was revealed that the Atlanta and Dekalb Counties in Atlanta (Georgia, USA) were planning an enormous deforestation project. They were planning to clear 300 acres of the South River Forest, known by the indigenous Muscogee Creek people as the Weelaunee Forest, to build the largest police training facility in the country. Additionally, they were planning to give 170 acres of forest in a land swap to film production company Blackhall Studios (now rebranded as 'Shadowbox Studios') to build the largest movie soundstage in the country. This project was supported by the City of Atlanta and the Atlanta Police Foundation, a police advocacy non-profit organisation. It was also sponsored by several corporations that operate in the city, including Coca Cola, Delta Airlines, UPS, Chic-Fil-A, Home Depot and the local media corporation Cox Enterprises.

Atlanta is known as a city in a forest, having more tree coverage than any other US city. The forest cools the city and its inhabitants, prevents flooding, and provides a home to its non-human population. Not only will the project accelerate climate change, it will intensify its effects on those living in the subtropical city. The timing of the decision to build what has been dubbed 'Cop City' is unlikely a coincidence. It came shortly after the George Floyd Rebellion of 2020, the largest anti-police uprising in American history, and which had international impact. Clearly, they want to bolster the police force to crush dissent in a city that already suffers from over-policing and over-incarceration. Georgia state has the 4th highest incarceration rate in the country, with one percent of Atlanta's residents either incarcerated, under house arrest or on probation. In addition to state oppression, Atlanta's working class are suffering from gentrification.

Its largely black population is being priced out of their neighbourhoods, and inequality and economic hardship has accelerated since the pandemic. The city's reaction to increasing inequality is to increase its capacity to enforce it. In turn, the police need gentrification and inequality to guarantee arrests.

The movie and television industry have also fuelled this oppressive system. In recent years, Atlanta has been attracting the film industry through tax incentives and other accommodations. The increase in Hollywood professionals working and living in Atlanta has significantly increased the price of housing and rent. In addition, the industry has had a long-standing good relationship with law enforcement. Due to various factors, movies and television shows have such an overwhelmingly positive and misleading portrayal of police that it has its own term: *Copaganda*.

In response to the Cop City project, people within Atlanta and across the country have risen in opposition. The movement, known as both 'Stop Cop City' and 'Defend the Atlanta Forest', is a diverse and decentralised resistance movement. It has no leadership structure, and people are free to participate in the movement on their own terms. Because of Atlanta's unique geography, the movement has formed a unique synthesis of forest eco-defence and urban protest. The movement also allows for a wide range of tactics and strategies, such as mass movement and direct action, militant defence, and community events. Tactics have included disinvestment campaigns, history lessons, school excursions, music festivals, vandalism, street marches, skill shares, tree-sitting, encampments, a legal campaign, jail support and blockades. These tactics create a PR disaster for the state, an economic disincentive

to the projects supporters and directly stops anyone from destroying the forest. The simultaneous use of these tactics has overwhelmed the state's ability to effectively suppress the movement and win over the public.

Activists have kept the state on the backfoot from the beginning, when they discovered the project while digging through open-source records. Records that Atlanta's political and corporate elite were hoping would remain unseen until it was too late to stop them. Because of this, the movement was able to frame the public narrative first. Additionally, the movement has done a brilliant job of dealing with corporate media. Like most workers, journalists are often overworked, and naturally look for the path of least resistance. If all they get from one side is silence and intimidating images of people dressed in all black, and the police hand them an entire story in the form of interviews and police press releases, it is easy to see why the mainstream narrative supports the police. The movement has people able to guide journalists through their encampments, and has other people with specialised knowledge that can give long, in-depth interviews and press releases. With very few exceptions, the movement has avoided the in-fighting that often occurs in other broad tent movements. By not accepting a framework of 'good protestors' and 'bad protestors', 'radicals' and 'moderates', they focus the media narrative on opposing Cop City and defending the forest.ă

The state's PR campaign started by co-opting progressivism, appropriating the image of Martin Luther King Jr. and the history of the Civil Rights era. They promised the project will provide jobs for its black population, and plan to name the police training facility the 'Institute for Social Justice'. This façade has been easily seen through by the majority of Atlanta's residents. For example, at one city council meeting 70% of attendees opposed the project, and a significant percentage of those supporting it were cops or connected to law enforcement. Unsurprisingly, the state's other strategy is to demonise and oppress protestors. When people started camping in the forest to stop it from being cleared, the companies involved in the project hired off-duty police officers as private security. Fortunately, forest defenders were generally able to drive the cops and their destructive machines out. In multiple public street marches the cops have arrested and assaulted protestors and other civilians, and tasered one journalist. By punishing public dissent, they make secretive actions more popular. Unfortunately, at every step of this movement, the police have reacted to the failure of their own violent escalations with more violent escalation.

The state has accused protestors of being 'outside agitators', using the rhetoric that they are from out-of-state and therefore are out-of-touch radicals, who relocate to Atlanta to cause trouble for no good

reason. This well-worn trope has been used previously by oppressors against the movement to abolish slavery and during the Civil Rights Era and in the contemporary fight for racial justice against police brutality. The Atlanta authorities have claimed that some of the arrested protestors gave addresses from outside of the state. This is ignoring the fact that many in precarious economic situations need to move often, without a chance to officially change their address. Others may also choose not to give their official residence for a variety of reasons. But let's say that many of those arrested did come from other parts of the country to protest. The state is trying to build the largest police training facility in the country. It will teach cops across the nation and around the world how to enforce their oppressive status quo with brutal efficiency.

Deforestation accelerates global climate change, and the collapse of biodiversity also has global consequences. Similarly, gentrification, housing instability and wealth inequality are an attack on the entire working class. When we suffer the same forms of oppression, it makes sense for us to come to each other's aid and fight for a common cause. This is not 'outside agitation'. This is solidarity. And nothing terrifies the ruling class more than ordinary people fighting in solidarity with one another.

Even more alarmingly, the city's prosecutors started claiming that any involvement in the movement, including posting on social media, exposed activists to be charged with domestic terrorism. They also falsely claimed that the Department of Homeland Security classified the movement as a 'domestic violent extremist group'. When asked, the DHS responded that it does not classify movements. It similarly did not classify 'Antifa' as such at former President Trump's request. Regardless, the intention is clear. Declaring all dissent to the expansion of the powers of the state as 'Terrorism' is a precedent for totalitarianism. Declaring them a 'Terrorist Organisation' is an attempt to justify their deaths. The forest defenders have caused no harm to anyone. Their most destructive actions of the non-violent movement have been targeted property damage. Clearly, the capitalist state values the property of the ruling class over the lives of the working class. But the accusation begs the question: If property damage is terrorism, what do you call destroying a forest?

After the failure of local police to drive the protestors from the forest, Georgia Governor Brian Kemp sent Georgia State Patrol to help illegally crush the movement. The Georgia State Patrol were inexperienced with protests in Atlanta, except for instances of brutality during the George Floyd Rebellion, where, among other actions, they launched tear gas canisters at people's heads. Their first raid was the morning of January 18th 2023, where they invaded the forest encampment with helicopters and police drones overhead, a K-9 unit, a bomb squad and

all-black SUVs parked nearby. At 9:04am, a volley of approximately 30 shots were heard in the forest. The Georgia State Patrol had killed Manuel Teran, a queer Venezuelan anarchist of Tomoto-Cuica heritage, whose forest name was Tortuguita.

As the Georgia State Patrol did not turn on their body cameras until after the shooting, the whole truth of the killing may never be known. According to a police press conference, one of the officers was shot. They have refused to reveal any information about who they were or how they were shot. We don't know whether they shot themselves or were shot by another officer, or a forest defender acting in self-defence. A police video was released showing cops concerned about crossfire and another stating "You fucked your own officer up". The official police narrative has been jumbled and unclear. At first they claimed the cops had been ambushed by a shooter. The Georgia Bureau of Investigations claimed agents had encountered someone in their tent, ordered them to exit, and then they fired 'without warning' on the cops. With this story they released a photo of a hammock, not a tent, and not a place where one can hide. When people asked why no gun was shown in a press release of confiscated items such as fireworks, police later released a photo of a 9-mm handgun. When asked why people should believe this random firearm belonged to Tortuguita, the police produced a bill of sale, well after the shooting occurred. The police's constantly changing story, strategic omission of evidence, violent actions and extreme rhetoric all bring doubt to their public narrative. This would not be the first time police accidentally shot another officer and blamed it on the civilian they also killed. Regardless of the details, we know that the cops invaded the forest, surrounded Tortuguita and shot them.

Manuel 'Tortuguita' Teran was a 26-year-old queer and Indigenous Venezuelan, best described as 'your friendly neighbourhood anarchist'. They were also described as kind, funny, fierce, earnest, welcoming, helpful, and brave. They were an artist, an urban farmer, a shit-poster, a trained street medic, and were heavily involved in mutual aid and community building. They had made the forest their home since May 2022, after losing their housing in Tallahassee, Florida. In Tallahassee they were known to be constantly strengthening their community, helping in labour organising through Industrial Workers of the World, providing mutual aid through Food Not Bombs and first aid through a street medic collective, among other endeavours. In the forest, they were known to truly live their politics in even basic interactions. They provided medical training, but more importantly brought fun and joy to their work. They were always checking in on people and offering to lend a helping hand. They always helped do the dishes and were always giving out fruit snacks. Tortuguita truly embodied the principles of the movement, a firm believer in the strategy of non-violence.

They knew that the movement's greatest strength lay in its community support and winning the battle of public opinion. Because of this, they were welcoming to less militant members of the movement, encouraging them to get involved in neighbourhood organising. They lived life fully every day, constantly engaged in the struggle for liberation. Tortuguita was killed defending the forest and died doing what they loved. They live on in the hearts and minds of the people they interacted with and the community they helped build. Rest in power, comrade.



For the next several hours, the police continued their raid, smashing camp infrastructure, pointing guns, verbally threatening people, and firing pepper balls into tree houses. One tree sitter defiantly climbed higher and suspended themselves from a harness after their tree house was destroyed. For nearly 19 hours the police surrounded the activist until they surrendered and were arrested. Five people who survived the deadly assault were arrested and charged with domestic terrorism. Afterwards, a memorial march had protestors attack buildings owned by companies and institutions that supported the construction of Cop City. The police assaulted and arrested protestors at random. In response, some protestors attacked a cop car, which spontaneously combusted. 18 protestors have now been charged with domestic terrorism, with a bail totalling over \$100,000 USD. As the wait time for a trial in Atlanta's so-called justice system is over a year, this is a clear tactic of repression. This is the first time anyone has been charged with domestic terrorism in Georgia since the law was expanded in 2015. This law was expanded in response to a terrorist attack where black parishioners were murdered by a white supremacist in Charleston, South Carolina. A law made with the stated purpose of racial justice has been used for the first time against a racial justice movement. This is yet another indication that the law is only used by the state to protect its own power and stability.

The fight to defend the Atlanta Forest is not only the concern of the people of Atlanta, or even the

people of the United States. It is a smaller but significant part of the global struggle against oppression and the destruction of our planet. Deforestation has world-wide consequences, and the United States is part of a global network that produces police officers who aid in their control of the working class. The primary purpose of these police is to maintain the conditions that lead to the rich to dominate the poor, those with concentrated power to bend the will of those without.

If you are able, you can donate to the Atlanta Solidarity Fund and find out other ways to help the movement at [defendtheatlantaforest.org](http://defendtheatlantaforest.org).

For a more in-depth look at the movement I recommend the relevant episodes of the '*It Could Happen Here*' podcast, and the Crimethinc article *The Forest in the City*. To keep up to date with the movement you can follow them on twitter @defendATLforest.

Just as the systems dominating and destroying the planet and its inhabitants is global, so is the resistance to it. There are various struggles here in Australia against militarism, environmental destruction


and oppression. They too, face police repression. Food for Thought will attempt to keep our readers informed on them in subsequent issues.

Meanwhile, in Atlanta, the state is failing to win over the public and is failing to crush the spirit of this non-violent movement with police brutality. The domestic terrorism charges are the next step in escalation. The charges are quite ironic, because through them the state is wielding their most powerful weapon: *Fear*. Even with their army of militarised police, they know they cant beat us all, but they could scare enough of us into not acting. But it won't work. Despite the immense loss of Tortuguita, the forest defenders and the movement have not faltered. The states naked oppression has only created more resistance, and more defiant rebels. Defend The Atlanta Forest is a dynamic movement, which can and will adapt to anything the state throws at it. Every day it becomes more and more apparent that the forest will never be destroyed, and that Cop City will never be built.

*Love and Solidarity,  
Capy Bara & Chuck Molotov.*



# PEANUT BUTTER COOKIES



## INGREDIENTS

1 CUP PEANUT BUTTER  
1 CUP SUGAR  
6 TBS ALMOND MILK  
2 TBS VANILLA EXTRACT  
1 CUP FLOUR  
1 TSP BAKING SODA  
A PINCH OF SALT

## ONE

PREHEAT OVEN TO 180 DEGREES AND LINE A BAKING TRAY WITH BAKING PAPER.

## TWO

MIX THE PEANUT BUTTER SUGAR. ADD THE MILK + VANILLA. KNEAD IN REMAINING INGREDIENTS.

## THREE

ROLL ABOUT 2 TABLESPOONS OF MIXTURE INTO BALLS. PLACE ON PREPARED TRAYS ABOUT 5CM APART. PRESS WITH A FORK.

## FOUR

BAKE FOR 10-15 MINUTES. 10 MINUTES MAKES FOR SOFTER, CHEWIER COOKIES WHILE 15 MAKES FOR CRUNCHY ONES.

## **Choose Capitalism.**

Choose a boss.

Choose a landlord.

Choose a military industrial complex.

Choose Thales, Boeing, Lockheed Martin and Elbit.

Choose the War on West Papua.

Choose nuclear submarines.

Choose mass famine and food waste.

Choose factory farming, billions of animals stripped of their freedom, entire species reduced to commodities.

Choose offshore detention, mass incarceration, and police brutality.

Choose systematic racism, speciesism, patriarchy, and every other form of targeted oppression.

Choose lobbying, democracy sold to the highest bidder.

Choose welfare austerity and corporate subsidies.

Choose tax havens for the rich and Robodebt for the poor.

Choose privatising healthcare, retirement, utilities, and

choose selling the rest of the public sector while you're at it.

Choose an endless War on Crime, Drugs, and Terror, and choose suspending the people's rights until they've been won.

Choose over 200 years of genocidal, colonial violence.

Choose Terra Nullius, frontier massacres, the Stolen Generation, black deaths in custody.

Choose media moguls, the world's information highway in the hands of billionaires.

Choose mass surveillance at a level that would make Stalin blush.

Choose criminalising protest, strikes and any other way to resist tyranny.

Choose giving public land to mining magnates.

Choose oil spills, deforestation, fracking, and strip mining

Choose endless growth on a finite planet.

Choose climate change.

Choose droughts, fires, floods, cyclones, heatwaves, and famines, every disaster worse than the one before.

Choose squeezing the last cent of value out of the last ounce of fossil fuels, then finally completing our transition to renewables.

Choose manufactured obsolescence, entire industries relying on their products breaking as soon as possible.

Choose the Great Pacific Garbage Patch and pretending your paper straw will save the planet.

Choose microplastics poisoning the ecosystem.

Choose rising inflation and corporate profits.

Choose rent hikes, no-cause evictions, and real estate empires.

Choose doomscrolling, binge-watching and the endless barrage of advertisements, promising to smother your pain with consumerism.

Choose spending your life working yourself to the bone, a lifetime of servitude to the owning class, and choose the same for your kids, but worse.

Choose your future. Choose capitalism

But why would we want to do a thing like that? We chose not to choose capitalism. We chose something else. We chose building a new world in the cracks of the old. A world built on freedom, mutual aid and solidarity. And we're building it one free meal at a time.

Choose resistance. **Choose life.**

*Axe O'Lottle*









25/03/2023

Sending love  
to all the people  
that make FNB  
possible