



# Food

## not

# Bombs

Information pack for  
Food Not Bombs under lockdown

# WHERE DOES THE FOOD COME FROM?

- ★ Lillfield IGA donates produce that would otherwise go to waste.
- ★ UNSW Food Hub donates food from their free kitchen - often including more staple items like rice, beans, bread etc
- ★ Dumpster Diving - If IGA / Foodhub hasn't been able to donate enough, or if folks are going dumpstering anyway, we can get both produce and bakery items from our local bins. We disinfect and wash every item before cooking with them or including them as grocery



INFO FOR:

# COOKS <sup>part</sup> 1

## FIRST STEPS

- ★ If you can cook, indicate 'yes' on the "FNB Volunteer Capacity" spreadsheet for that week
- ★ Someone will deliver produce to your house for use in cooking and in packing each households bag of groceries

## MEALS

- ★ All cooked meals **MUST** be vegan
- ★ Try to make nutritious cooked meals - include carbs, protein and veg in each meal if possible
- ★ You'll be told if you're cooking for anyone with additional dietary requirements

INFO FOR:

# COOKS <sup>part</sup> 2

## HYGIENE + SAFETY

- ★ Each meal should be packaged in an individual container
- ★ Thoroughly wash your hands throughout cooking process - if you touch your face, immediately wash your hands before handling any food
- ★ Wear a mask for the entire time you're cooking - we need to keep our community safe!

## DELIVERY

- ★ Allocate one bag to be delivered to each household. This bag should include groceries and 2 cooked meals (unless more or fewer meals are specified)
- ★ Label each bag with the name of the person it will be delivered to
- ★ Once you receive your schedule, please send your allocated driver
  - A) Your home address
  - B) The time which your meals will be ready for pickup
- e.g. "Hi X, i'll be finished cooking at 5:30PM, let me know what time works for you to pick up the groceries and meals for delivery"



# INFO FOR: **DELIVERY**

- ★ You will be given a spreadsheet screenshot that includes:
  - The name of the FnB cook you'll pick up your deliveries from.
  - Addresses for each household you will deliver to.
  - Contact information for the households you'll deliver to
- ★ Contact the cook who you'll be picking up the meals and groceries from and tell them when you can arrive to pick them up.
- ★ Contact those on your delivery list to let them know approximately when you'll deliver to the food.
- ★ Contact each person letting them know when you've dropped off their food and where you've left it e.g. " Hi X, I'm with Food not Bombs, i've just left your groceries and meals outside your door. Have a lovely week!"
- ★ TIP: load your delivery addresses into a GPS app to make the most efficient route!
- ★ Message the main Food not Bombs chat once all your deliveries are done.



# INFO FOR: **LOGISTICS**

- ★ Contact each person on the delivery list to check if they still would like a delivery of food to their house
- ★ Look at the FNB Volunteer spreadsheet and assign cooks to each household based on the cooks location and the number of meals they're able to make
- ★ Assign a driver to each cook to deliver food and groceries to each household
- ★ Try to allocate drivers, households, and cooks together based on where in Sydney they are - if possible, try to allocate within LGA's (Local Government Areas)
- ★ Make a list for each driver including:  
Cook they're picking up food from  
All households they're delivering to
- ★ Screenshot each driver's delivery list and send to them (so that only drivers have the addresses of the households they're delivering to)



# IMPORTANT INFORMATION

## Privacy + Security

- ★ Do not share any of the addresses given to you as someone delivering food. These folks are trusting us to use their personal information with discretion and respect.
- ★ Do not use the contact information for households on our delivery list to contact folks beyond Food not Bombs related communication. These people have not consented for their contact information to be used in this way.

## COMMUNICATION

- ★ Food not Bombs strives to always use non-violent communication. While we understand that humans are imperfect and mistakes will occur, we encourage everyone to be able to reflect on their communications and actions and help facilitate a culture of accountability and respect.
- ★ If anything does happen that you want to bring to the attention of the collective please reach out to Immi and/or Jess



FOOD  
IS A  
RIGHT  
NOT A  
PRIVILEGE

Fuck the state, Community is revolution