



**PREPARE FOR THE WORST.  
EXPECT THE BEST**

**We expect that in the worst of times, the BEST in people will rise up if you foster an environment of community.** Crisis or not, you will be building communities that are connected, compassionate, and thriving.

If you received this flyer from a neighbor, email your neighbor to let them know you are interested in finding out more or attending a gathering.

**Email:** \_\_\_\_\_

### **Do you want to join or initiate a Neighborhood Food Network on your street?**

Join the Neighborhood Food Network **FREE** coaching Q&A calls on Monday night 8:30 pm ET on Zoom.

Sign up for alerts on [www.NeighborhoodFoodNetwork.com](http://www.NeighborhoodFoodNetwork.com)

**Don't feel you can garden? You can still be a part of the Neighborhood Food Network by donating yard space, recipes, tools, and resources, preserving method knowledge, researching local food coops, CSAs, and farmer's markets, and making a list for your neighbors. Get connected no matter what!**



## **NEIGHBORHOOD FOOD NETWORK**



### **START OR JOIN A NEIGHBORHOOD FOOD NETWORK ON YOUR STREET**

- ⚙️ Support neighbors to connect
- ⚙️ Help each other to grow their food
- ⚙️ Support local small farmers
- ⚙️ Be prepared in case of times of crisis
- ⚙️ Be independent of the current toxic food system.
- ⚙️ Create a thriving Neighborhood Food Network, one street at a time!

## WHY WE NEED THIS MORE THAN EVER

- ❁ **Looming food crisis** - with ongoing food shortages due to climate and other factors, food prices will most likely skyrocket, causing panic and violence. Food prices are predicted to rise 40% this winter and 400% within three years. **Now is the time to plan** for an alternative source of food outside of the commercial mainstream food industry.
- ❁ **Increased risk of violence** - it only takes 9 missed meals for a person to resort to violence to feed their family. In a crisis your neighbors could become a threat to your family's safety.
- ❁ **Dependency on distant and foreign food sources** - in the case of fuel or power shortages, the fact is, the only way we will survive is if we have access to local food.
- ❁ **Toxins in the food supply** - the conventional industrial food supply is highly contaminated with dangerous pesticides, harmful synthetic chemicals and genetically modified organisms. These toxins are a major contributing factor to the majority of our population being sick.
- ❁ **Nutrient deficient food** - the current food supply is lacking in nutrients leading to increased consumption of junk food, obesity, diabetes and other skyrocketing health issues.
- ❁ **Division** - Global events have impacted communities on many levels. We are experiencing widespread division—a crisis marked by fear, mistrust, and alienation.
- ❁ **We want you to be partners in thriving.** This can be accomplished by fostering compassion in our community. The first step is going door-to-door on your street and inviting your neighbors to be a part of the **Neighborhood Food Network**.



### THE NEIGHBORHOOD FOOD NETWORK IS YOU.

**YOU ARE THE ONES TO INITIATE AND FACILITATE ON YOUR STREET.**

**THE NETWORK IS ALL OF YOUR NEIGHBORS, LOCAL GARDENERS, LOCAL GARDENING STORES, YOUR LOCAL CSAs, SMALL FARMERS, AND CO-OPS.**

## THE BENEFITS OF THE NEIGHBORHOOD FOOD NETWORK

- ❁ **Create community.** Now more than ever, we need to come together and support each other.
- ❁ **Being prepared.** In times of pending food shortages and food price increases, you and your neighbors will have access to food.
- ❁ **Reduced violence.** With this program initiated on your street, your neighbors become your partners instead of a direct threat. We will create a culture of compassion and generosity in your community, something we could all use more of in these challenging times!
- ❁ **Healthy food security** - local, whole, organic food eliminates any doubts about foreign food standards and supplies local access to healthier food.
- ❁ **Organically grown, nutrient dense food** - this program will provide organic and pest and weed management solutions.
- ❁ **Financial Freedom**



## HOW THE PROGRAM WORKS



- ❁ **Free Monday night coaching calls with expert advice and Q&A.**
- ❁ **Resources; videos, charts and support for planning, planting, pest management and preserving food.**
- ❁ **Downloadable flyers for inviting and meeting with your neighbors.**

*"If you have 30 minutes a weekend, you can tend 4 garden beds"*

**- Erika Nolan, INSTAR**