



NEIGHBORHOOD FOOD NETWORK

1st Meeting Outline

1. Intention of the meeting: (1 minute)

- To meet and greet neighbors
- To present the reason for the initiative and invite neighbors to participate.
- Workability: Friendly, politics-free zone. Focus on food. Cellphones off. Goal is to keep the meeting to 1 hour. Get emails for further communication.

2. Introduction: (15 minutes)

- Name and skill you can contribute to the community

3. WHY: (5 minutes)

- Food access issues are increasing and are expected to get worse
- Farmers are having increasingly difficult times fertilizing and growing crops
- Food prices are rising 20-30% this year, projected up to 400% within three years*.
- The current food system, grown in toxic, nutrient-deficient soil, is toxic, contaminated with chemicals, and making us sick
- The current food system is deficient in nutrients = mental health issues, and obesity, weakening our immune system, contributing to shutdowns
- In times of crisis, typically, it only takes nine missed meals for a person to resort to violence to feed their families. In times of crisis, we have the opportunity to support each other instead of being a threat to each other.

4. WHAT: (3 minutes)

- We will connect, strategize, organize, and mobilize to grow and source enough food to feed every person on our street in times of crisis - the goal is three years' worth of food for everyone involved.
- Offer free weekly calls, street-only email connection, and planning materials.
- Gather and share local, non-toxic farmers, CSAs, and co-op sources

5. HOW: (3 minutes)

- In-person local meeting as agreed upon with street group.
- Monday night NFN coaching calls 8:30-9:15 pm ET
- Website (in progress) with resources to grow food
- Gardening support includes nontoxic, regenerative, organic methods for healthier food, soil, and the environment.
- Sharing sources via street-only email groups and in-person flyers



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6. WHERE: (3 minutes)

- On your street - front and back yards, rooftops, terraces, walls, hay bales, raised or in ground beds, pots, and tower gardens
- Donated or leased land, school, church, or community center if on your street

7. WHEN: (2 minutes)

- Now! The best time to plant a fruit tree was seven years ago.
- It takes years for fruit trees to produce. It takes years to build organic matter in the soil. But it's not too late to start now.
- In most places across the country, the frost has passed. We can start sowing seeds and transplanting now. Even if it is just a pot, it's time!

First Steps: (2 minutes)

1. Agree to be a part of the network and grow or source local nontoxic food
2. Start saving cardboard for garden bed
3. Start saving yogurt cups or other containers to start seeds - or direct sow
4. Contact GetChipDrop for free mulch - make to to mention "no black walnut"
5. Buy soil for raised garden beds or direct sow in the ground - you can get composted manure at any large garden center for under \$3.
6. Find free pallets to make a compost
7. Start looking at items you may be getting rid of as something that might be repurposed in your garden.

Total 34 minutes of facilitator time with introductions, allowing 26 minutes for questions, answers, and discussion. *Source: <https://www.theorganicprepper.com/simulation-400-increase-food-prices-2030/>

We value respectful communications and respect your privacy. These meetings are only for communications regarding emergencies, growing food, or neighborly swaps. It is not for use for business sales, unfriendly communications, or nonessential communication. Thank you!