



**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

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** - Save thousands growing your own food!



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, instargardens.com

