



# Food Not Bombs

## Comida No Bombas

### Sacramento

[www.sacramentofnb.wordpress.com](http://www.sacramentofnb.wordpress.com)



Food Not Bombs has autonomous chapters throughout the world.  
You can search for other chapters worldwide online at:  
[www.foodnotbombs.net/contacts.html](http://www.foodnotbombs.net/contacts.html)

**Sacramento Food Not Bombs**  
Now serves

**Every Sunday at Cesar Chavez Plaza (10<sup>th</sup> & J Streets)  
at 1:30pm**

**Please come and share a vegan meal with us.**

**Comida No Bombas**

**Ahora sirve cada domingo a las 1:30 en la plaza de  
Cesar Chavez (10th y 'J' en el centro de Sac.)  
Por favor vengan con nosotros y compartan comida  
vegetariana.**

ACT. Because Food is a **Right** not a *privilege*! Because there is enough food for everyone to eat! Because Scarcity is a **Lie**! Because a person should not have to sell their body to get a meal, or to have a place to sleep! Because when we are hungry or homeless we have the right to get what we need by panning, busking or squatting! Because poverty is a form of violence not necessary or natural. Because *capitalism* makes food a source of profit, not a source of nutrition! **Because Food Grows on Trees.** Because we need community not control. Because we need homes not jails.

Because we need **FOOD NOT BOMBS!**

¡Obra! Porque la comida es un **derecho**, no un *privilegio*  
Porque hay suficiente comida para que todos coman. Porque escasez es una **mentira**. Porque no debería ser necesario que una persona venda su cuerpo para que tenga un lugar donde dormir y algo para comer. Porque cuando tenemos hambre o no tenemos hogar, tenemos el derecho de conseguir lo que necesitamos, mendigando, tocando en las calles o viviendo en edificios abandonados. Porque la pobreza es una forma de violencia que no es necesaria ni natural. Porque el *capitalismo* trata la comida como fuente de ganancia y no de nutrición. **Porque comida crece en los árboles.** Porque necesitamos comunidad no control. ¡Porque necesitamos casas no prisiones.

Porque necesitamos **COMIDA NO BOMBAS!**

Food Not Bombs is a vegetarian food service group committed to social progress, consensus decision making, vegetarianism and non-violence. FNB is dedicated to raising public awareness of homeless and poverty issues from housing to health. We feel and have demonstrated that a number of city issues have been unjustly blamed on convenient scapegoats such as the poor, people of color, and the young under-employed. There is a tremendous need for people to discuss ways to elevate the status of the less fortunate among us, so that we can all be liberated, for our liberation is woven inextricably to the liberation of all.

CNB es un grupo de servicio vegetariano comprometido al cambio social, llegar a decisiones por consenso, vegetarianismo y no violencia. CNB está dedicado a aumentar el conocimiento del público sobre asuntos de la pobreza y gente sin hogar, como la salud y alojamiento. Nosotros creemos que un número de los problemas de la ciudad han estado culpados injustamente a los pobres, a los jóvenes y a los que no son caucásicos. Hay una necesidad de la discusión para encontrar maneras de elevar la posición social de los menos afortunados entre nosotros, así todos podemos ser libertados, porque nuestra libertad está conectada a la libertad de todos.

*What does the Pledge of Allegiance sound like on an empty stomach?*

*?Como suena la promesa de homenaje con un estómago vacío?*

**Hunger** is caused by **poverty**, not **scarcity**. The first thing to know is that hunger is not an accident, in the US or anywhere else. There is no shortage of food here in America. The other thing to remember about hunger is that the well-off in any country never go hungry, even in famine. Formerly broad-based, America's economy has not "turned around," it has been turned over. The richest 1% owns more than the poorest 92% combined. The economy now caters to a globalized elite whose lives are sealed off from public accountability.

**El hambre** está causada por **pobreza**, no por **escasez**. No hay una escasez de la comida en los EEUU. Los ricos en cualquier país nunca se quedan hambrientos, aun en carestía. La economía del EEUU que anteriormente estaba distribuida entre más personas ha estado echado de un capirotazo. El 1% de los más ricos poseen más que el 92% de la población, que son los más pobres. La economía ahora abastece a un élite cuyas vidas están guardadas de escrutinio y responsabilidad.

**To volunteer or make a donation to FNB:  
Para ponerse en contacto con CNB o dar un donativo:**

Email: [sactofoodnotbombs@yahoo.com](mailto:sactofoodnotbombs@yahoo.com)

[www.sacramentofnb.wordpress.com](http://www.sacramentofnb.wordpress.com)

GoFundMe: [gf.me/u/x98nsw](https://www.gofundme.com/x98nsw)

**An estimated 26% of edible food is thrown away every year in this country. Meanwhile, people go hungry, eat inadequate meals, and starve. Sacramento largely ignores the growing numbers of homeless people sleeping in its streets.**

**Un estimado 26% de la comida es tirada a la basura cada año en los estados unidos. Mientras tanto, la gente padece de hambre o no come comida nutritiva, y se muere de hambre.**

## Filosfía Básica

**Se recicla comida:** Cada día, suficiente comida se desecha para dar de comer a todos los necesitados que no tienen de comer. Comida No Bombas recupera comida nutritiva vegetariana que de otra manera hubiera sido desecha, para prepararla y servirla a la gente. Colectamos comida de supermercados, tianguis y empresas locales que tal vez no se puede vender porque se pasó de la fecha de caducidad.

**Decisión por el consenso:** No usamos el método del “ganador toma todo”. Comida No Bombas cree que todos los miembros del grupo deben tener una oportunidad completa de participar en formar las decisiones del grupo. El método del consenso asegura que los deseos de la mayoría no despidan los deseos de los demás. El proceso de consenso nos obliga que resolvamos conflictos por negociación y compromiso en vez de denegar o ignorar la minoría.

**No violencia:** Nuestra sociedad está dominada por violencia. Presiones constantes del crimen, la violencia de policía y la posibilidad de guerra afecta nuestra vida diaria. La autoridad del gobierno está basada en amenazas y el uso de violencia en tierra propia y en los países extranjeros.

Comida No Bombas está comprometido a la visión de una sociedad que es motivada por compartir y amor. La pobreza es violencia. Mientras nuestra sociedad sigue acumulando riquezas para los pocos, relega a millones de personas a la pobreza y a la hambrientad. Esto, combinado con represión de parte de la policía, cuidado médico inadecuado, y muchas formas de discriminación priva cada uno de nosotros de una vida plena y llena de amor. La industria comercial de comida es también basada en violencia. En su proceso, mata millones de animales, y contamina el planeta usando pesticidas y fertilizantes químicos. La industria deja que toneladas de comida sea echada en la basura. Comida No Bombas usa comida vegetariana y trata de usar comida cultivada orgánicamente. En compartir comida gratis y por acciones no violentas, Comida No Bombas reta la violencia de la sociedad y así resalta la injusticia del militarismo y la pobreza.



## Basic Principles:

**Food Recycling:** Enough food is wasted each day to feed everyone who is hungry. Food Not Bombs recovers healthy nutritious vegetarian food that would have been otherwise discarded, to prepare and serve to people. We collect food that may not be saleable (because it has passed its shelf date or is blemished) from grocery stores, farmers' markets and local businesses.

**Consensus Decision Making:** Rather than relying on a system of winner take all, Food Not Bombs believes that every member of the group should have a full opportunity to participate in shaping all the group's decisions. The consensus process insures that the will of the majority doesn't dismiss the values and contributions of everyone else. Consensus process forces us to resolve conflicts through negotiation and compromise rather than overruling and dismissing the minority.

**Non Violence:** Our society is dominated by violence. Constant threats of crime, police violence, and the ongoing possibility of nuclear war affect our daily lives. The authority and power of our government is based on the threat and use of violence at home and abroad. Food Not Bombs is committed to a vision of a society that is motivated by love and sharing. While our society pursues the massive accumulation of wealth for the few, it relegates millions to hunger and homelessness. This combined with police oppression, inadequate healthcare and various forms of discrimination deprive each of us of a vibrant and loving way of life. The commercial food industry is also predicated on violence. It involves the slaughtering of millions of animals and the poisoning of the planet by the use of chemical pesticides and fertilizers. It also allows tons of food to go to waste to insure profits. Food Not Bombs uses vegetarian food and makes efforts to use organically grown produce. Food Not Bombs challenges the violence of society by the free sharing of food and non-violent actions that highlight the injustices of militarism and poverty.



**Should America be measured by its 3.5 million millionaires....or by its 30 million hungry?**

**¿Qué es más representativo de America, sus 3,5 millones de millonarios, o sus 30 millones de pobres y hambrientos?**



**Charity Never**

The following is a summarized essay by Peter Moore.

Food Not Bombs is not and never will be a charity. Charity ignores and distracts from the causes of poverty and hunger. By throwing spare change into a hat or tithing to a church, the rich and middle class absolve themselves of responsibility for the poor. Yet, the economic institution they thrive on, capitalism, is the same mechanism which creates and institutionalizes poverty.

Instead of reinforcing the myth of charity, Food Not Bombs enacts the principles of Mutual Aid and Solidarity to raise awareness about the causes of poverty and to rally against government and business attacks on human dignity. Hunger is perhaps the most terrible effect of poverty. When we apply the principles of Solidarity and Mutual Aid, we understand that we all have the same basic need - a roof, clothing, work and food. It's the recognition that as soon as one person is denied these necessities, inequality is created and social injustice is perpetuated. From this awareness comes the rational and passionate desire to free all people and work together for equality and economic justice! Mutual Aid is the concrete enactment of solidarity. With every serving, we demystify for ourselves and the public that poor people are bad people.

By distributing food that wasn't pretty enough to sell, Food Not Bombs rips off the pretty face of consumerism to reveal the waste it creates. With every serving, FNB calls for economic justice and the satisfaction of human needs as an international priority for all people.

***A child dies as a result of malnutrition every 2.3 seconds.***

***Un niño se muere de malnutrición cada 2,3 segundos.***