



HOW TO START A FOOD IS FREE PROJECT

A GUIDE TO GROWING
FOOD AND COMMUNITY
IN YOUR FRONT YARD

foodisfreeproject.org

#FOODISFREE



FOOD IS FREE

HELLO!

John here with the Food is Free Project. What started as a simple front yard community garden with a #foodisfree sign has evolved to become a worldwide movement. Over 200 cities around the world have started Food is Free chapters. We're here to offer advice about how to rally friends and neighbors, find free or salvaged resources, and take action in your community. When we come together to grow, there is abundance for everyone.



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C O N S I D E R :

Each Food is Free Project will look a bit different, tailoring to fit the needs of the community. You will meet other like-minded individuals as you put yourself out there and take the first steps. Even if it feels a little vulnerable, know that you are not alone. Together we're creating a decentralized food system grown by and for the people. Food is Free.

Onward and upward,
John and the folks at Food is Free



FOOD IS FREE

STEP 1

DECLARATION

Start sharing your vision and ideas with friends and neighbors. Start a Facebook page for "Food is Free (your city or neighborhood)". Invite others to join you. Everything that exists was first a thought, so dream big and know this worldwide community supports you.



STEP 2

LOCATION

Find a spot for the first #foodisfree garden or #foodisfree sharing table. It can be in your front yard, a friend's place, apartment courtyard or a container garden on your porch. Get creative and there's always a place to grow. Consider a place where people will walk past it and be inspired.



STEP 3

DISCOVER RESOURCES

Identify what materials and tools you have as well as what you still need. There are so many free resources in the community: free mulch, coffee grounds, yard trimmings, pallets and more. Check craigslist, freecycle, or contractors about salvaged items. Don't be afraid to ask.



STEP 4

PLANTING

It all starts with that first garden. Go for it and invite friends and neighbors to join. It's okay to make mistakes. We all learn faster and have fun when we grow together. Enjoy the interactions with neighbors and let them know you'll be sharing the coming harvest.



STEP 5

SHARING

Sharing what we grow is exciting. It's such a joy to share our harvest and connect with others, growing community as well as food. It's funny how the more we give the more we receive. Share your #foodisfree photos on social media to keep the ripple of inspiration going.



GROWING THE PROJECT

Congratulations and thank you for sharing the vision and taking action to uplift your piece of the world. Things will evolve and unfold organically. Spread the word with local media and document your progress with photos. Share them with us on social media and let us know if we can offer advice. We're all in this together. Here's to creating a world of abundance.



Never underestimate your ability to inspire your community. Start the ripple on your street!

Stay tuned to foodisfreeproject.org for resources, videos and ideas.

If you're inspired to make a one-time or recurring donation to support the Food is Free Project, [click here](#) and thank you!

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