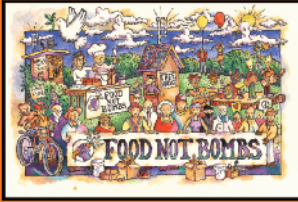


HUNGRY FOR PEACE



How you can help end poverty and war with Food Not Bombs
BY KEITH MCHENRY

"Food Not Bombs is one of the finest movements of our time." Kathy Kelly

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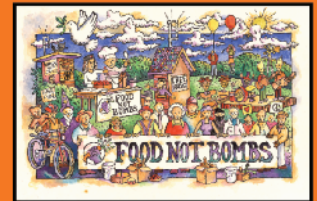
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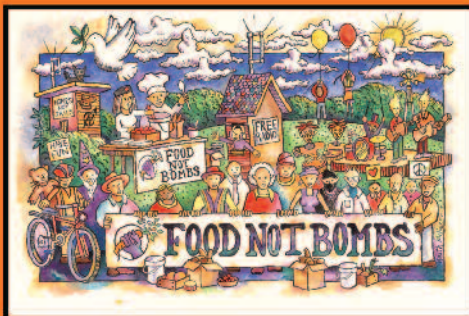
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"Hungry For Peace" makes a passionate case that we should take action to end hunger, poverty and war, and provides shocking evidence that our future is in peril if we sit by and do nothing. This book will motivate you to take action and provides hope that you can make a difference. This 180-page Food Not Bombs handbook includes 120 photos and illustrations, vegan recipes to provide meals for groups of 100 (and families of six people) with metric and U.S. measurements, as well as a 30-year history of the movement, including time line of major events in the history of the Food Not Bombs movement.

The author also shares his thirty years of experience on topics such as how to start a local Food Not Bombs group, how to cook for hundreds how to organize meetings, tours, gatherings, and successful campaigns for change using the principles of nonviolent direct action and direct democracy. This 8-1/2 X 11-inch book also provides copies of flyers you can reprint, information on the consensus process (and how to use it efficiently), and many other useful details to help you change society. This book will help you and your friends do your part to participate in the nonviolent global uprising.

TITLE: Hungry for Peace

SUBTITLE: How you can help end poverty and war with Food Not Bombs

AUTHOR: Keith McHenry

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Food Not Bombs founder lives his philosophy

June 9, 2011 By Susan Jacobson, Orlando Sentinel

As he was arrested, Food Not Bombs co-founder Keith McHenry said, "We don't fault the city of Orlando for being in this dilemma, because it really is a national problem. There needs to be a national solution."

For Keith McHenry, feeding the homeless and working poor is a way of life.

Homeless himself except for a 1987 Chevrolet van in which he sleeps, McHenry gave up promising careers in graphic design and marketing to crisscross the country, spreading the gospel of compassion for the poor.

Last week McHenry, co-founder of Food Not Bombs, and two other people were arrested at Lake Eola Park, accused of violating Orlando's ordinance regulating mass feedings. It was one of about 150 times that McHenry, 54, has been arrested while promoting the cause to which he has devoted his life.

"We want to get rid of capitalism or at least alter capitalism to the point where it's humane," McHenry said. "There's no reason people should be living in the streets and coming to soup lines in the wealthiest country in the world."

In the same park where thousands of Tea Party activists have rallied in recent years to denounce socialism, Orlando Food Not Bombs volunteers ladle out vegan fare and rouse political sensibilities Monday mornings and Wednesday evenings.

In April, a federal appeals court ruled against the group, saying the city could regulate the meals.

Mayor Buddy Dyer and the Police Department have vowed to enforce the law, which limits groups who feed more than 25 people at a time to two permits per year at each park within a two-mile radius of City Hall. Five Food Not Bombs members were arrested Wednesday and four Monday as the group handed out meals at the park.

Volunteers don't want to rotate the meals among parks. They want to feed people at Lake Eola, a downtown showpiece, to shed light on what they view as an inequitable political and economic system.

McHenry drove to Florida from Taos, N.M., in his brown and gold van packed with literature, pots, water jugs, tables, a solar stove and his bed. Sporting a full beard reminiscent of his old hippie days, McHenry is in his element when persuading college students to join the fight or being interviewed about transforming the world into a fairer place.



His goal is to pressure the public and elected officials to divert spending from the military to basic human needs such as food, education, affordable housing and health care.

Orlando is a flashpoint because other Florida cities are debating similar regulations, he said. He wants to draw a line here.

"We don't fault the city of Orlando for being in this dilemma because it really is a nationwide problem," said McHenry, who wore a Food Not Bombs T-shirt he designed with a purple fist grasping a carrot. "There needs to be a national solution."

McHenry moved around the country as a youth as the family followed his father's job as a park ranger. He went to high school in Utah, where he organized a strike against a principal he considered authoritarian.

His activism accelerated in Cambridge, Mass., where he and seven other people founded Food Not Bombs in 1980. The organization now includes chapters on every continent except Antarctica.

"He's very passionate about his cause," said Mitzi Tharin, station manager at Sun Sounds of Arizona in Tucson, a radio station that reads to the blind. McHenry was marketing director there several years ago.

In Cambridge, McHenry began taking vegetables and fruit too imperfect to sell at the organic-produce store where he worked and giving them away to a homeless shelter and kids in public housing. Near the project were two tall glass towers that cast a shadow from a weapons-design lab. That was the inspiration for the name "Food Not Bombs."



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Arrests are worth it, 'Food Not Bombs' founder says



July 9, 2011 - By Cindy Swirko Staff writer for the Gainesville Sun

Keith McHenry says they are worth it if they help stop cities' anti-homeless law

Keith McHenry recently spent 17 days in jail in Orlando, but it's not the first time a cell has been home to a founder of Food Not Bombs.

The organization began in Boston in the 1980s, and since then McHenry has been jailed throughout the U.S. and in various countries. But he told a crowd at the Civic Media Center on Saturday night that the arrests of him and other Food Not Bombs supporters are worth it.

“While we are getting brutalized, at least we have been stopping this current wave of anti-homeless and anti-meal laws,” McHenry said, citing several Florida cities that have dropped planned laws. “If we had not put up resistance in Orlando, there were going to be limitations on sharing free meals with the hungry all over the United States.”

McHenry's visit comes as a coalition of local groups is working to convince the Gainesville City Commission to end meal restrictions here. Several Gainesville residents joined in the protests in Orlando as well.

Food Not Bombs has three principles: the food it hands out must always be vegetarian or vegan and must be free to anyone, the organization has no leaders and no headquarters, and its actions must be non-violent.

McHenry gave a detailed history of the organization from its first activities near Harvard University. “Reagan had just been elected, so we didn't have an overwhelming number of homeless yet,” he said of the president who took office in 1981.

The next stop was San Francisco, where Food Not Bombs supporters often were arrested for feeding people in public places. Among the volunteers stopped by police were priests and nuns.

“The nuns were patted down because, of course, nuns with guns are dangerous,” McHenry said.

Eventually he traveled throughout the world visiting Food Not Bombs chapters and participating in their activities. There are about 1,000 chapters.

Food Not Bombs got a welcoming response in New Orleans after Hurricane Katrina when it was the only organization to provide food there for months after the 2005 storm, McHenry said.

McHenry said he was drawn to Florida because a number of cities have been enacting or considering laws to stop or limit the serving of free meals.

Orlando's restrictions were appealed but upheld. Arrests followed when activists continued to serve meals, a practice that McHenry said will continue.

“We are trying to get more and more people to go down. Some of you have been in Orlando,” he said. “It's been a struggle and we have lots of court dates coming up.”

The local coalition is trying to convince the City Commission to lift the current limit of 130 meals that can be served daily at the St. Francis House homeless shelter on South Main Street.

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