Beware of the Boujie Man!!!

(get it? bougie = bougie = bourgeois... )
Money: out on yer self or friend for sometimes using has to compromise to survive, so don't freak everyone eventually get one point or another, but also, you grow up, you wanna be with you what do you want do you think

Lex resistance because it means that you are working is an excellent form of exercise. No matter, or whatever is that personal manifesto? or whatever is that. In the world. Instead of filling meaningless activities that make us happy, or difference activities that make us happy or a difference. See next section for practical living time on our life, the time we spend working could be put to better purpose. This is not the only element. As usual, always have hidden secrets that contradict the marketing or advertising. Truly effective measures are decreasing consumption. As mentioned, the environmental problems and ethics behind economic need. "Elite shopping" does life to actually fix shopping and capitalism will not be solved with "responsibility".
OR GROW IT!

...becoming a miniature human can help shrink your economic needs.

freedoms filled with frozen TV dinners.

rather than eating out of freezers filled with frozen TV dinners.

instead of MP3s, watching the sun set instead of eating simply risking their health and
eating simply risking their health and
eating simply rationing food and
eating simply rationing food and
eating simply rationing food and
eating simply rationing food and
eating simply rationing food and
eating simply rationing food and
eating simply rationing food and
eating simply rationing food and

natural world — listening to birds singing

our time living off the land appreciating the

things needed for basic survival and spending

things needed for basic survival and spending

more money on storage lockers and increasing mobility

more money on storage lockers and increasing mobility

many freegans do believe that

freeworld
things that matter to you and the world.  
LIKE: recognizing your time to spend it on 
else: this is the revolution of your everyday 
skills of languages, playing outside, teaching. 
creating art, reading books, learning new 
connections with the people you love. 
TIME you would spend working for money. 
and more of making alliances wisely 
freedom focus less on personal priority 
shopping, we must decrease consumption 
freegans believe there is no such 

ALTERNATIVES 
HAPPY & HEALTHY
LIKE THIS
IT DOESN'T HAVE TO BE
FREE GAINS!

Could eat my hands!

I'm so hungry!

Capital society values uninterested
capitalism, profit, and greed, and competition.

Cooperating with others, the kind of individualism that
which can coexist with a fear and distrust.

The level of everyday life it all shares
are free to create this合力, but now, on
something in the future when the conditions
not to bring these ideas within reach —
there are a million and one things you can do
sound fantastic, but sweet is
the careful consideration of resources.

Government and big business by exploiting
for their own needs with
people to provide.

Beyond the borders of communities
and sustainability, human needs are explained
by the unreasonable and unreasonable, and
the use of water.

Within this system, in which there is a significant
limit in order to replace it

Resource availability, an ideal community would
our energy and harnessing water as a

Operate natural systems and using them to
supporting human well-being based around

Everything, is best known is much about

When you can't boycott,

Food chain.

Soupless stands at the top of the economic

Significantly on where you donate to the

You can find good second-hand clothing or donate

Secondhand stores are also excellent sources

...
planning, designing, and energy.

rather than putting another car on the road,
and remain safe while biking. Hitchhikers and
each other how to build their own bikes.
non-polluting, and doesn't rely on fuel. Bike
ecological disaster: cycling is healthy and
protector economy a social and
Eco-friendly transportation: accommodates and

That our food comes from the earth.

collecting dust in the back corner of a closet.

Everywhere computers, and as one
appliances, computers, and as one
items can be found on the street, or simply up
hold workshops to teach others. Fix up
repair workshops: repair bikes, mend clothes,

evening takes the dumpsters-diving,

Watermark: (see resource section, you'll be
Ultimate boycott!

Purchasing as little as possible. The money and labor out of the system by recognizing this call is to keep our exploitation at every level of the process and cutting production, packaging, and shipping.

Companies from resource extraction to resource extraction come from recycled materials and where they consume all products and where they choose the lesser evil and go to doubt when buying no more better than more eating—but to suggest that vegans is environmentally and ethically.

Herbicides use, high-yield crops in terms of chemical cotton, rice, etc., are one of the most production industries, which contribute to the loss of the earth. Further, because people, animals, and Sailors free outside.

People freeze outside. Over boarded up buildings as homeless developers and city government who watch squatting fights back against private community centers without a property deed. Squatting cutting abandoned deserted.

<table>
<thead>
<tr>
<th>Good</th>
<th>Let's Prepare Warm Food on Good Food Days! (enough for 4-5 days)</th>
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- Dumpster diving (free!) in NYC: some is wasted, but think of the environmental and social benefits of reducing food waste. - Composting (see resources and composting) forkonics healthy foods and vegetables. - Urban farming and urban agriculture to grow your own food. - Be a guerrilla gardener: converting garbage into beautiful gardens.
we have to get over
way of disposing ourselves from it and that
being grossed out by garbage is just another
fruits & veggies. you will be amazed.
undemanding or slightly bruised
delicious, unopened package foods and
their, we're talking mass quantities of brand-
new, unopened packaged foods and
sandwiches. although some of us don't mind
avoid high-fat risks. this isn't half-eaten
common sense precautions are sufficient to
quality foods is regularly discarded that
practice have found that so much else. high-
have observed Reagan food recovery
nutrition and food safety experts who

safety & legality
issues of food
trash
ewwwwww you eat

more
less
if i pay mr workers
dollars a year.

Hundreds of millions or even billions of
poverty exists in the word, this is making
poorest man until the news that while so much
of this we star feeling sympathetic to mrs.
for every day.

The tricky corporations are responsible
also need to fight in the short term to stop
and need to create alternatives in the long term, we
company's reputation and the needs of their
money or less jobs in our society to make
out of the capitalization of the poor and
seagulls we take the fuel

Being a person

of the moral responsibilities extended to
the legal rights of a person, but without any
claim legal personhood. Essentially granted
the US government corporations in the US,
its so-called "corporate person" status above all
their interests in generalizing profit above all
their interests. Corporations to put interests of
in the corporate charter.

For this reason, one that we

Money by wasting

In this view, corporations are actually losing
what they sell, but not what they throw away.
According to what they lose through
extractionary profits and the amount of
money gained on what they sell offsets the
money they don't sell as spoilage and get tax.

What is so problematic is what these corporations
are doing with their profits is not a justification for "the corporation
is the expression of the corporation's need to stop doing these
never do and never should stop doing these.

This is a good question, one that we

Why do

Still good.
official story or an expert opinion to know whether small it is or not, it is not. If so, throw it in the compost bin. With a few exceptions, such as meat, humans are built for knowing what turns into what's good. For knowing what's jiffy and what's good, for putting food and contamination with cleaning, meaning that contamination with cleaning is not just in the next bag, that's where, for as long as we've done this, we've never heard of any food poisoning cases.

You don't need an economy that produces billions or trillions of dollars every year as a result of food waste. In the United States, 58% of the food grown in the United States is lost or thrown away, supermarket and consumers toss about 27 million tons of edible food a year. The food is unopened or discarded before its expiration date.
SAFE on Food

DELICIOUS!

Sawyer cannot be removed and are inherent in the system itself, and they originate within its structure and are systemic. It is to realize capitalism, to be art. Capitalism is the art of explicitly and rhythmically not identifying current systems. Most major changes to the system could be reduced or eliminated with problems described believe that the some Freeargs.

Let me explain... well, dear.
Aroot: Talking Crazy Winings
Are These Mommy's What

I see! Stop it!

S'n'V. Go Boom!

Professor, Cornell University,
Dr. Michael Greger, Nutrition

Who buys animal products,
Probably safer than a shopper
If plant-based items that have
In truth, a vegan harvesting
Recovered outside of it.

Purchased in a store or
Carry serious risks whether
Meat, dairy, fish and eggs
the Second degree freegan: (dun dun dun!)

Some, perhaps most, brush off the second degree freegan as myth or boring mystery. However, these are both untrue (and rude disrespect) to the 2nd degree freegan who does in fact exist. I've seen one myself: the second rate freegan is that guy or gal at the end of the table so not down with waste that instead of enduring in dined foods, digs on the leftovers on abandoned plates that was dived this is table diving already dived food. Whoa.

Hey, I'm done. Compost? no, just give it to Jane.

second degree freegan? righteous!
not just as starvation and famine, but also as chronic undernourishment and vitamin/mineral deficiencies, leading to lowered energy, weakened immune systems, and stunted growth, and decreased overall well-being. The problem, however, is not limited to the US, as food banks and soup kitchens have had to turn away thousands of hungry new arrivals. The US continues to increase, the hunger amongst nearly one in ten people, including 4% of US households, experience hunger.

In New York City, soup kitchens, food banks, and pantries have had to turn away thousands of hungry people. The problem, however, is not limited to the US, as food banks and soup kitchens have had to turn away thousands of hungry new arrivals. The US continues to increase, the hunger amongst nearly one in ten people, including 4% of US households, experience hunger.

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HUNGER & NEED
Line these elements of the
problem (welfare cuts, rising poverty rates, minimum wages, minimum rising rates of homelessness, and social welfare cuts) in order to develop and social programs that can help alleviate poverty.

IN A LAND OF PLENTY
One in six lives below the poverty line. These elements of the problem (welfare cuts, rising poverty rates, minimum wages, minimum rising rates of homelessness, and social welfare cuts) in order to develop and social programs that can help alleviate poverty.

Items in excess. It also produces massive inequalities between rich and poor. It tells the needs of resource distribution in terms of usable chronic quantities. The consequences of these consequences go worldwide. The average person, worldwide, over a billion people. The average person, worldwide, goes through five million dollars annually. Eight million people die annually from hunger or hunger-related illnesses. Eight million children.

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Dumpling

"free" poems
by Janet Valley

the price
of a bunch of bananas
that were immersed in vats of water
and sprayed with pesticides,
then removed and sent to
Salvadoran farmers planted.

Trucks bring boxes to Hunts Point Market.

where asthma and other health problems are
most common, from environmental racism.

www.makingmusicinnewyork.com/whitezeal.html

inequalities
among racial/ethnic minorities or low-income populations is
too low to waste.

unequal environmental risk,
the south bronx clean air coalition fought
the city's high asthma rates, affecting about 53% of
area's children, due to heavy use.

the largest can recycling stations are located
in the south bronx, where more than 50% of
the city's single-deck trucks are short haul.

there are no doubt contributing to high asthma
rates and other health problems.

www.makingmusicinnewyork.com/whitezeal.html

For more on the south bronx see:
www.makingmusicinnewyork.com/whitezeal.html
In a few pages... damn you, I didn't understand... aren't I? I'm too early...

They match with rosy pink lipstick.
With nappies once together on a shelf inside.
Shocked eyes furrowed.
Coffee grounds spilled over packaged biscuits.

But our love, it's all free.
Inside it's pretty.
To give the suggestion.
I yearned for the question.
No, they retained their manners.
"How much are those bananas?"
Nobody asked me.
Do workers pass me.
I tell them, my peers. I caught their eye.

Profit, wages, professions, passed by.
Shush; signs; ears and positions.
I opened the catch.
I found a pleasure there.
I dumpster dove.

p + q = c + y + ½

anti-captials
Leukemia has been linked to increased cases of asthma and is thought to be caused by exposure to industrial chemicals and other environmental factors. The long-term effects of chemical exposure are not well understood, but it is known that exposure can lead to cancer and other health problems.

Toxins have been linked to ground water and soil contamination. These toxins include industrial chemicals, sewage, and other pollutants. The sky and the ground are contaminated by already toxic synthetic materials leaking into the water and soil, and there is no foolproof way to seal and protect the site from exposure to these toxins.

However, this view is irresponsible. It is important to not pass waste into the garbage bags or else, by not using the knots, not to open the garbage bags, PE in the wrong places or else, do not use the dumpster. Keep the garbage off the ground, of course, to keep contamination to a minimum. The deep fryers and overfryers need to be out of the kitchen, to be in the only air. The dumper sets the compost, from the line, where it is to yell, skipping or jumping.

Greening the home also recommended. Ecologically, the supermarket, health food store or eatery, overfryers, the sky and the ground, the sky and the ground, the sky and the ground.

To prepare for the hour of darkness, closing time, wait for the sun to set. But... but... we never.
New York City: characteristic of general trends in waste management.
Compost vs. Landfill:

Compost:
- Turns waste into a resource.
- Conditions for gardening and turning waste.
- Releases nutrients into the soil enhancing water retention and adds valuable slow-release organic soil amendments which improves nutrient uptake and has an earthy smell. Compost is in all-cycles naturally when broken down.
- Compost is nature's way of recycling.

Landfill:
- Zero waste.
- Wastes are you found.
- Waste, how much if not for zero.
For one, to request a composting workshop at RSP, please send in the attached request form and/or send an email to composting@rsp.org. This includes both workshops and community workshops.

To compost your own waste, you can follow these steps:

1. Choose a composting method that suits your needs. There are many different types of composting methods, such as hot or cold composting.
2. Choose a location for your composting bin. It should be in a sunny spot and not too close to your house or garden.
3. Start adding organic material to your compost bin. This includes food scraps, yard waste, and other organic matter.
4. Keep your compost moist, but not too wet. You can add water if needed.
5. Turn your compost regularly to help it break down faster.
6. After a few months, your compost should be ready to use.

For more information, visit www.compost.org for composting workshops, community workshops, and more.

Compacting workshops are a great way to recycle your food waste into compost nuggets that can be used in your garden or for other purposes.

For more information, visit www.compost.org for more workshops and community workshops.

If you have any questions or would like to request a composting workshop, please contact composting@rsp.org.
don't take responsibility for your trash, who
not to be responsible for it. But if your
the worst thing about the current system is
you discard it, eventually, but always
adding anything to the waste stream when
your individual Day-to-Day life. If you
you can also aim for zero waste in
Generate energy.
process would be collected and used to
the soil, and the nutrients released in the
hand. Would be recovered and put back into
this strategy effective for synthetic
Recycle better than dispose would help make
disposable items of financial incentives to
are easier to recycle. Regulations like bans on
longer contain no hazardous materials, and
incentive to design consumer goods that last
faced to take responsibility for their
products, end of life, giving them an
meaning that manufacturers are
policy of extended product responsibility
waste and toward a zero-waste city and world is a
the possible strategy for moving

more info
www.wastepeak.org/zero-waste-city
City by 2040: See City by 2040 goal to achieve zero waste in new york
organization, the campaign has set a 20-
justice movement in tandem with a coalition
 campaña grew from ny’s environmental
initiated in 2003, the ny zero waste
Convenience

The many costs of transportation. Local farmers to minimize support.

Food CO-OPs

When you do buy, support CO-OPs.

GREADY FROM FOOD

I HAVE SEEN PEOPLE!

The vast majority of waste occurs at the consumer level. 80% of all produce is used once and then discarded. The start and stock of this produce is used once and then discarded. The ongoing production of this produce has been mushrooming not because of demand but because of packaging. The promotion of different food products every season (or for new packages) is a significant cause of excessive waste. The promotion of different food products every season (or for new packages) is a significant cause of excessive waste.

Greennanagies

NYC - Dining Local
The current economic model, fueled by one mass-production, mass-consumption society, also creates an endless stream of products for our pleasure, convenience, and survival. This consumption exceeds our ability to produce, leaving our waterways and airways polluted. Our planets, ecosystems are already overtaxed, and little effort is made to conserve what little remains of our environment. This is simply unsustainable; these are not long-term solutions. Instead, we need to rethink the way we grow and produce food. Grow our foods organically, reduce food waste, and focus on sustainable practices.
we don't have to
act like sheep!
You know?

any what?

of freeganism?

reading:

Recommended:
Join us!

Faster than ever!

For themselves and growing

Thanks to those who think

[Image of a comic-style drawing]