

Community Sharing Project Template

This is a template, please adapt it to suit the needs of your own community, it is designed to give you some ideas, help to run your project efficiently and effectively and encourage people to be self-sufficient, while being an active part of their local community.

The boundaries and size of it is entirely up to you. You can also connect with other projects nearby or somewhere else in the world. If every community grows in this way, we can all connect as one.

Just remember to enjoy every step of your journey.

Name

Choose a name to suit your own community

Involve the *#FOODISFREEPROJECT* on some level...

Watch their videos, look at their website, join their movement, like their Facebook or Instagram pages. There are Food is Free projects popping up all over the world, it's a food revolution.

www.foodisfreeproject.org

Involve the Global Community

use the 'global community' for inspiration, ideas, help & support, sharing your ideas & progress, to make new friends

Organically Grow

Each community is individual, unique and will have different needs. To make sure you cover all these needs it is important to start small and gradually grow into your community project. Start with the basics, the rest will follow naturally.

Sharing Suggestions

The original idea is to share food from community gardens. This gets people involved in all sorts of learning opportunities.

There are lots of other things you could share too –

Packets and tins of food and drink, Baby Products, Sanitary Items, Seeds, Recipes, Clothes, Books etc

The above can be acquired from donations or by fundraising money.

Regular Meetings

by arranging regular meetings, in advance, you can make sure your project runs smoothly and keeps any problems/misunderstandings to a minimum.

Keep Records

Make sure you keep records of meetings, members, donations/ money and any other information you feel is important to keep a track of. This will help with any future questions or inquiries.

Basic Rules

It is important to put down some polite, ground rules before you begin. This will make sure that everyone who is involved in your project, on whatever level, is on the same page. It will also help to keep any problems/misunderstandings to a minimum in the future should they arise.

Some ideas –

A simple disclaimer (get people to sign that they have read it) such as “I understand that in taking items from ‘the project’ it is my own responsibility and anything that happens after is not the responsibility of ‘the project’.

This being said, you can also make clear that “We at ‘the project’ do our very best to make sure that everything we do and share is honest, healthy and as sterile as possible and shared with the best intent for everyone involved”

“please only take what you need”

“opening times are (if any) but if you need to contact us at any other time you are more than welcome to call this number to arrange a collection”

Please make sure that you display your rules/ disclaimers clearly where you are distributing them and on all social media pages too.

Encourage people

to get as involved as much as they would like to be in your project, it is as much theirs as it is yours. Encourage people to regularly leave comments or suggestions (anonymously if necessary) to tell you how they think it is going or how it can be improved.

Remember that things change all the time which is great as long as it is constructive for everyone.

Make it a Non-Profit

This means your project/organisation/association/charity does not make a profit but can raise money to meet its needs/mission statement. You may need to start a bank account in the name of your project as to collect regular donations from other people or companies.

This can also help raise money to pay for things like yearly **insurance** if necessary.

Check your local Regulations

Depending on where you live in the world depends on the rules and regulations of the things you wish to achieve. Please make sure you check first, with the local authorities, if you are allowed to do things or how to do them officially.

Treat everyone equally & with respect

Try to treat everyone the same, be respectful and try not to judge or assume what people need. Everyone and their situation is unique and should be approached thoughtfully.

Confidentiality and **Privacy** is very important to some people and others love to be more open with their situations. By doing this it will build a good foundation of trust.

Hold Regular Events

Hold regular or annual events (for free or small entry fees) open to everyone in your community. Advertise them well so it will reach as many people as possible.

Some ideas -

Communal Meals/Cooking

Parties/Celebrations

Training Opportunities

Workshops

Music Events

Group activities such as sewing, craft making, singing etc

Free Bring & Take - where people bring or take things for free, this is becoming a very popular and needed thing worldwide.

Make Social Media Pages

If possible, make a Facebook or Instagram or any other social media page for your project. It is the quickest way to share your ideas, share photos, advertise events and keep in touch with everyone. For people who do not have access to social media please make posters and advertise well in your community.

Please Translate this template into other languages

La Nourriture est Gratuite

Welcome to 'La Nourriture est Gratuite'. We are a small 'association' in the mountains of the Cantal, France. We started as a grass roots #FoodisFreeProject and have organically grown into an official community project. We have made the above template/guidelines based what we experienced while we were developing our project. We would love you join us on our journey in whatever way you wish. Please feel free to contact us to discuss your journey. We hope we inspire you in some way.

Our Links...

Website -

www.gardenofeve.co.uk/nourriture-est-gratuite

Facebook -

www.facebook.com/FoodisFreeCantalFrance

Instagram -

www.instagram.com/la_nourriture_est_gratuite

