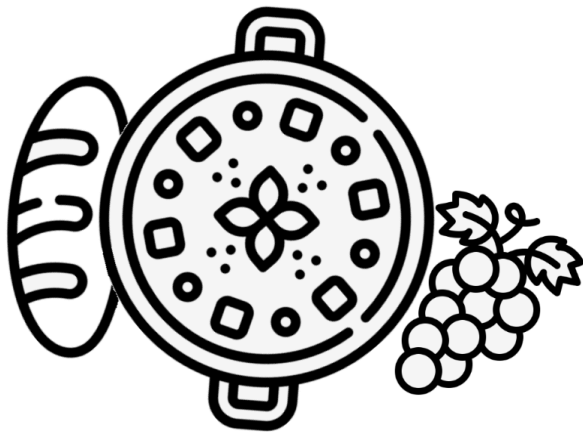


*our community fridge allows us to
freely share food with one another*

it is a challenge to the profit-driven food system that capitalism has imposed on us; it is an affront to the myths of scarcity and competition. we know that by working together, we can fill our community fridge with the foods that capital would prefer go to waste (in order to preserve profits). we can share food when we are able to, and build resilience by supporting local farms and our neighbors' gardens. and we will take food when we need to, because nobody should ever go hungry.

we take care of each other through this small effort of mutual aid; in the spirit of solidarity, not charity.



LAWRENCE COMMUNITY FRIDGE

*take what you need,
give what you can*



located at:

163 east haverhill st
lawrence, mass

open:

always open, 24/7

contact:

LawrenceCommunityFridge
@gmail.com

website:

lawrencefridge.org

\This zine was compiled and first printed September 2024

 lawrencecommunityfridge@gmail.com 

WHAT IS A COMMUNITY FRIDGE?

a community fridge is a fridge located in a public space that allows people to share food with one another.

unlike traditional food pantries, people are encouraged to add food to the fridge and/or take food out according to their individual circumstances.

there are no limits imposed, no ID or paperwork required, and they're typically open 24/7.

donations are provided by food relief programs, community members, businesses and farms with excess food, and anyone else who would like to help. community fridges are organized by members of each community as an effort of mutual aid.



THANK YOU!!!

community fridges like this one rely on participation from everyone who is able! the food you add, a few minutes cleaning up, donating money, or spreading the word -- all these actions keep the Lawrence Community Fridge here as an important resource in our community. thank you to everyone who has been part of this project over the last few years, and to all our future volunteers and community members as well

*Solidarity is not an act of charity,
but mutual aid between forces
fighting for the same objective*

Samora Machel



HOW IS LCF ORGANIZED?

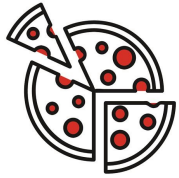


there's a small team of organizers who help to coordinate donation pick-ups and look after the fridge. we are unpaid volunteers who are passionate about providing a common space for everyone to share food. although we help to find and transport much of the food you see in the fridge, it is often filled by the same neighbors who are nourished by it. in addition to transporting donations, we also maintain our website/social media, make flyers to spread awareness about the fridge, and create and copy zines to share information about other free food resources in lawrence.

A LITTLE HISTORY...

Lawrence Community Fridge was started in 2021 after a free table in south lawrence sparked some conversations between neighbors. those conversations turned into meetings, and meetings turned into the physical work of constructing the shed and setting up the fridge where it still stands today. the collective has changed over time, and the church that hosts us is currently for sale. but we hope that lcf will continue to grow and change for many years into the future, supported and organized by the community, for the community.

HOW MUCH FOOD SHOULD I TAKE?



*take what you need,
give what you can*



nobody should impose restrictions on others regarding how much food they take at a given time. we recognize that family sizes and needs vary and change over time, and that means testing (like the paperwork required to access food stamps and certain other food resources) creates an undue burden of surveillance on our community and should be abolished.

that said, in order for the fridge to help the most amount of people, we ask that everyone who uses the fridge take only what they need on that day.

the food donated to the fridge is sometimes close to expiration and must be eaten quickly; so taking more than you will eat could lead to wasted food that must be thrown away.

taking more than you need may also prevent the next person who visits the fridge from enjoying some of the food.

please take care in how you use the community fridge, and trust that those around you are taking the right amount for themselves and their families.

WHAT ARE SOME OTHER MUTUAL AID PROJECTS?

more community fridges

there are other community fridges all over massachusetts and beyond! our closest neighbor is at the Village Food Hub in andover -- they regularly share donations with us and provide access to an outdoor fridge and pantry 24/7.

for a list of other community fridges in MA, visit tinyurl.com/macommunityfridges

really REALLY free market in south lawrence

there is a small free table at the bottom of gilbert street in lawrence where people can share food, books, toys, and more. It's better to not leave perishable food there since there's no refrigeration.

little free libraries

there are 2 at our host site, and you can find more at <https://littlefreelibrary.org/> free books for all; take a book/leave a book

buy nothing/freecycle/craigslist free

"Buy Nothing" is a facebook group and an app that helps facilitate sharing among neighbors. you can request or give away items with no expectation of payment or debt. Other versions of this idea can be found through Freecycle.org (a google group) and Craigslist's free section.

CAN I LEAVE FOOD AT THE FRIDGE?

to donate food items to the fridge, simply stop by and drop them off! fill the community fridge the same way you would fill your fridge at home; like items together, keep it neat, and only leave items that are safe to eat.

there is no minimum donation, but there may be a maximum: please do not leave any food outside of the shed/on the ground. if it does not all fit, come back later or contact the organizing team about storing it.

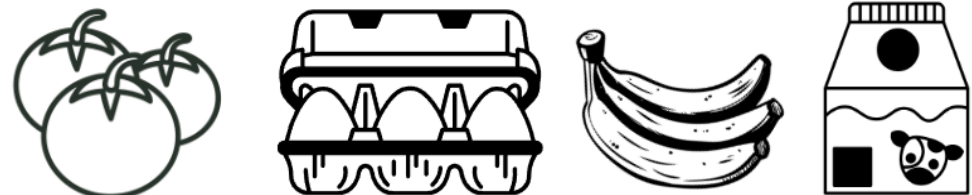
(also, PLEASE do not leave boxes on the ground next to the fridge. if you'd like to leave extra bags for folks to bring food home, there are hooks inside of the shed to hang them)

for larger or regular donations from a farm or business, please email us so we can coordinate! we may be able to help transport the donations.



FOOD DONATION GUIDELINES

YES PLEASE	NO THANKS
ANY unspoiled produce <i>(unpacked is ok!)</i>	expired, spoiled, moldy foods
cheese, milk, yogurt, etc. <i>(packaged/labeled)</i>	opened foods or beverages
beverages, snacks, treats, canned goods	alcoholic beverages
prepared meals <i>(label ingredients, date, sealed)</i>	clothing, toys, household items, appliances
packaged frozen foods <i>(sealed and labeled)</i>	
<i>basically, any groceries you might put into your fridge at home or gift to a dear friend!</i>	



OTHER WAYS TO SUPPORT

clean the fridge

got a few minutes? wipe down surfaces, sweep out the shed, and take away any trash/boxes



spread the word

share our posts on social media, print flyers from our website to hang up around town, or tell a loved one about this project. spread the word to keep the fridge active and full!



share a picture

when you go to the fridge, send us a photo of the inside. this helps volunteers know if there is space for donations, and also helps us share the status with the whole community via instagram



volunteer to drive

we sometimes get donation offers that must be picked up with very little notice! if you have daytime/weekday availability, contact us about joining our delivery team.



WHEN IS FOOD DROPPED OFF?

there is no regular schedule available for the Lawrence Community Fridge.

donations are brought to the fridge as they become available, and individual neighbors and organizations drop off food whenever they can.



if you are in need of food on a particular day, please check out our “Everybody Eats” zine and calendar for information about free food resources in the lawrence area.

the zine is usually available inside the fridge shed, and can also be downloaded from our website in the “library” section

the calendar is at:

tinyurl.com/everybodyeatscalendar

