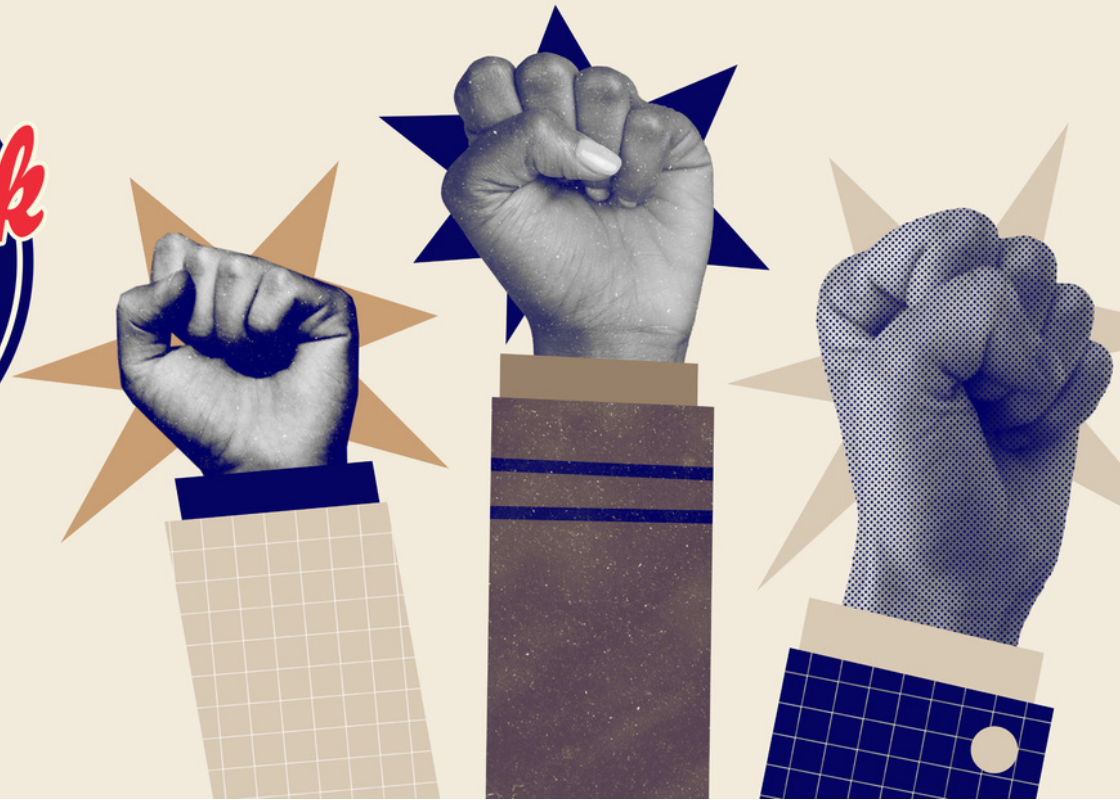




CALL TO ACTION

MUTUAL AID ACTIONS TO SUPPORT LOCAL FOOD BANKS

CFT is calling on all locals and union members across the state to stand up against the weaponization of hunger by aiding their local food banks and community pantries.

With Trump's shutdown dragging into its second month and the **withholding of SNAP/CalFresh benefits**, mutual aid is critical. We must support the Californians who are food insecure—a staggering **1 in 5 people** in the state, including many students in our schools.

Union members are urged to give what they can, whether through financial donations or volunteer time, to support those who need help and to buffer the economic shock to local businesses and economies.

WE CAN FIGHT BACK BY HELPING OTHERS

Who relies on these benefits?

5.5 million Californians rely on CalFresh/SNAP benefits. Most of them (two-thirds!) are families with kids.

276,000 Community college students receive CalFresh/SNAP benefits, especially those aged 30-34. Many more could get it but don't apply.

58,400 University of California students receive (50,000 undergrads!) also get CalFresh/SNAP benefits, and even more are eligible but don't apply.

Want to find a food bank?

Head to: www.cdss.ca.gov/food-banks

Want to find a mutual aid hub?

Head to: <https://www.mutualaidhub.org/>

Mutual Aid Toolkit

HOW TO SUPPORT YOUR COMMUNITY?

When those in power hoard resources and weaponize the government against the people, we answer with collective care and resistance, feeding bodies and fueling our movement.

Together, we'll make sure our neighbors are fed, our voices are heard, and our future is ours.

THREE WAYS TO TAKE ACTION

1. **Donate to your local food bank.** Support your local food bank or mutual aid network with a financial gift to help feed families directly impacted by the shutdown.
2. **Collect and distribute to your local community shelter.** Donate food, clothing, menstrual products, and any other essential supplies to existing local food banks or shelters. Check with your local organizations first to see what they need most.
3. **Host a give-back drive in your community.**

TALKING POINTS AND SOCIAL MEDIA

Pres. Trump & Republicans shut down the gov't because they refuse to safeguard healthcare. Now 42MIL working Americans risk losing the benefits that keep our families fed. When they cut our care, we feed each other. Support your community & fight back. www.cftfightback.org

CFT members are mobilizing for urgent action in response to the Republican gov't shutdown. When those in power hoard resources & use our gov't to punish the people, we answer with collective care & resistance, feeding bodies & fueling our movement. www.cftfightback.org

President Trump and Republicans have caused a government shutdown that will rip away food and healthcare from millions of working families, but instead of despair, we organize. Get involved to support your community & fight back with CFT! www.cftfightback.org

[Find social media graphics here!](#)

FIND MORE INFO AT CFTFIGHTBACK.ORG

**SIGN UP FOR CFT'S RESISTANCE HUB EMAIL LIST AND GET NOTIFIED
ABOUT OUR NEXT ACTIONS AND EVENTS**

Mutual Aid Toolkit

DO'S AND DONT'S OF MUTUAL AID

DO'S

- Find a place to help or create your own. Many communities have mutual aid groups in operation. If there isn't an existing group, start your own.
- Call ahead. Check where you're donating to find out what they need and what they accept.
- Ask the community what they need. Mutual aid works by listening and collaborating with your community rather than deciding for them.
- Organize together! Create action and power in your community by organizing for mutual aid together.
- Host events in public places. Create ease of access and increase safety by hosting mutual aid events in public places or with local businesses or community centers.

DONT'S

- Don't just show up with donations without asking. You might waste time and effort.
- Don't donate open, expired questionable or obscure items.
- Don't assume what people need. Instead, ask them!
- Don't organize alone. Encourage other members in your local to get involved!
- Don't host at your home. Utilize public places for ease and comfort of access by the community.

FIND MORE INFO AT [CFTFIGHTBACK.ORG](https://cftfightback.org)

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WHAT KIND OF ITEMS ARE USUALLY NEEDED?

Always check with the organizations or community members you are donating to before collecting donations for them.

Together, we'll make sure our neighbors are fed, our voices are heard, and our future is ours.

FOOD ITEMS

Check to see if the place you are donating has a fridge, if so dairy and fresh produce are typically needed.

- Canned proteins: Tuna, chicken, salmon, canned beans, canned chili
- Peanut or nut butters
- Canned soups
- Pasta and mac and cheese
- Canned vegetables and fruits
- Rice, grains, beans, lentils
- Cereals and flour
- Shelf-stable milk or milk alternatives (oat milk, almond milk, etc)
- Cooking oil (vegetable, canola, olive)
- Canned mandarin oranges, peaches, pineapple
- Tomato sauce and canned tomatoes
- Snack items: Crackers, granola bars, chips, etc

HOUSEHOLD AND PERSONAL CARE ITEMS

Always check first to see what the place you are donating to needs and accepts.

- Laundry detergent
- Dish soap and hand soap
- Toothpaste and toothbrushes
- Shampoo and conditioner
- Diapers, wipes, and pull-ups
- Feminine hygiene and incontinence products
- Toilet paper and paper products
- Deodorant, body wash, razors

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