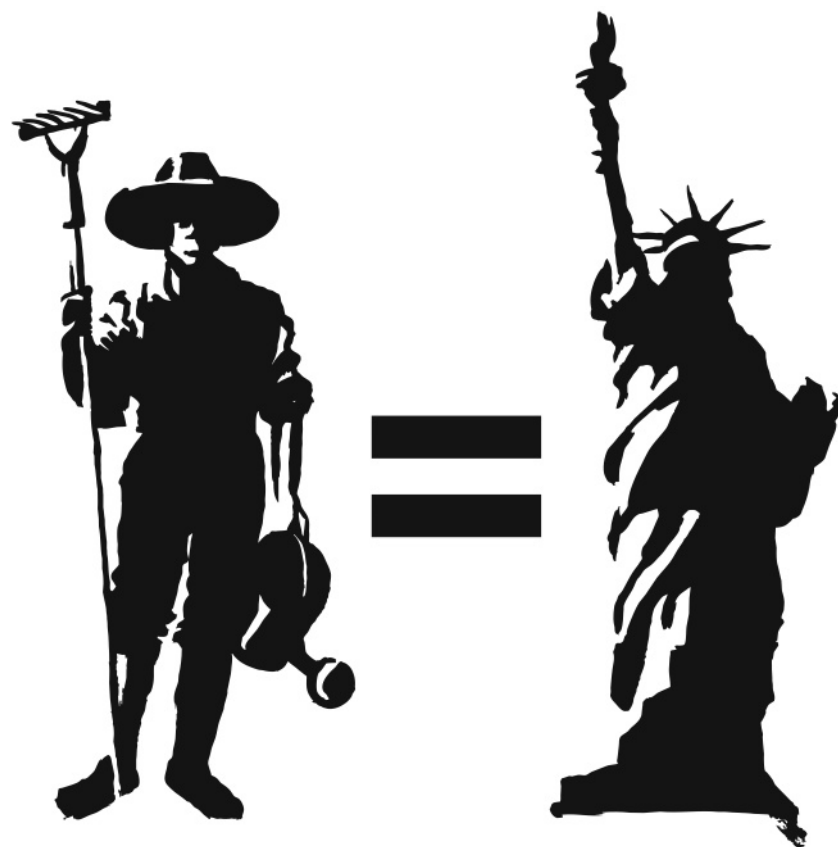
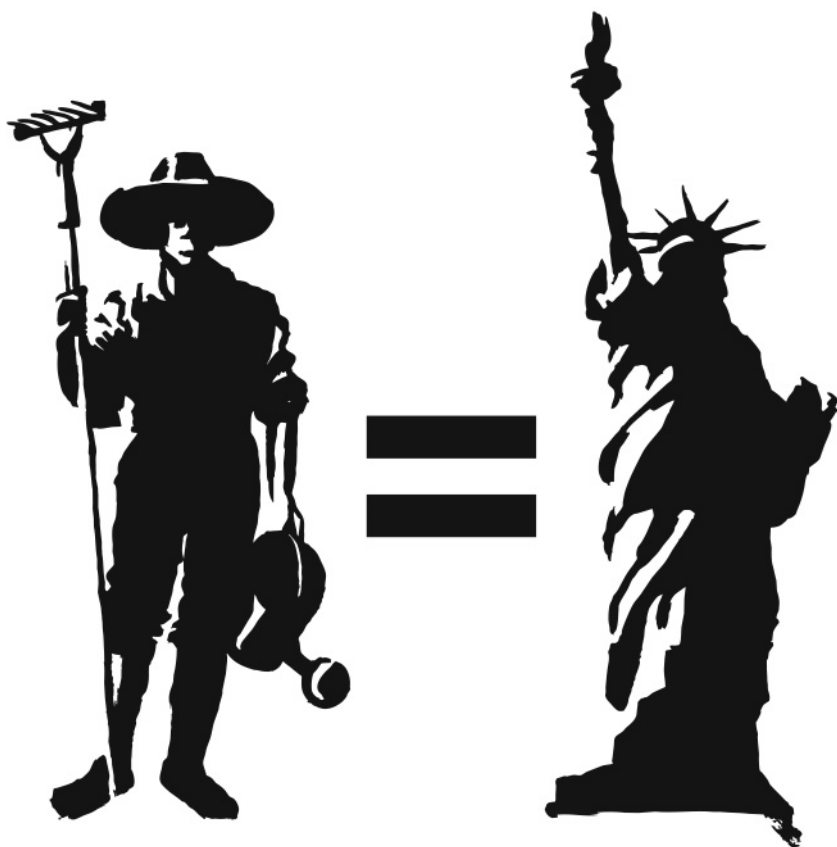


EAT-IN

EAT-IN



WHAT IS AN EAT-IN?

AN EAT-IN IS A GATHERING OF PEOPLE IN A VERY PUBLIC PLACE SHARING A MEAL THEY HAVE COOKED TOGETHER.

AN EAT-IN IS A PROTEST AGAINST FOOD THAT IS FAST, ARTIFICIALLY CHEAP AND INDUSTRIALLY PRODUCED.

AN EAT-IN IS A DEMAND FOR FOOD THAT IS GOOD, CLEAN AND FAIR.

AN EAT-IN IS A DECLARATION THAT THIS FOOD IS OUR COMMON LANGUAGE AND A UNIVERSAL RIGHT.

AN EAT-IN IS A CELEBRATION OF THE PEOPLE WHO GROW, PRODUCE, SELL AND COOK OUR FOOD AND OF THE PEOPLE WHO SHARE FOOD WITH OTHERS.

AN EAT-IN IS A CALL TO ACTION FOR THE GENERATION INHERITING OUR FOOD SYSTEM TO GET OUT OF THEIR CARS, TURN OFF THEIR COMPUTERS AND COME TO THE TABLE.

HOW TO EAT-IN:

1. INVITE OLD AND NEW FRIENDS INTO YOUR KITCHEN TO COOK. INVITE OTHER FRIENDS TO COOK IN OTHER KITCHENS. FIVE OR FIFTY PEOPLE CAN EAT-IN.

2. GO TO FARMERS' MARKETS AND GROCERIES. SHAKE THE HANDS THAT FEED YOU.

3. SET YOUR TABLE IN A PARK, ON A FARM, IN FRONT OF CITY HALL OR ACROSS THE DRIVE-THRU LANE OF YOUR LOCAL MCDONALD'S.

4. EAT TOGETHER.

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