

# Bread UPRISING

Season 3  
Week 3  
August 30  
4:10 PM

It's hot in the kitchen today, but there is a nice breeze outside. We have been thinking a lot about how the bakery is / can be a project of access to healthy food - so this week we look to the Black Panthers' survival programs for ideas. ALSO, an important public service announcement is included in this issue. AND: ASSEMBLY 9.12, 1-430P

We recognized that in order to bring the people to the level of consciousness where they would seize the time, it would be necessary to serve their interests in survival by developing programs that would help them to meet their daily needs. . . . All these programs satisfy the deep needs of the community but they are not solutions to our problems. That is why we call them survival programs, meaning survival pending revolution. We say that the survival program of the Black Panther Party is like the survival kit of a sailor stranded on a raft. It helps him to sustain himself until he can get completely out of that situation. . . .

[continued on reverse side]

DON'T LET this happen to you !!

## Bulghur Artisan Bread

Organic whole wheat bread flour (46%), Water (35%), Cooked bulghur (16%), Olive Oil (2%), Salt, Yeast

PSA...

let us know if you are going out of town : | we will hold your bread for you.

## Granola (447g/portion)

OG Rolled Oats (44%), OG Pumpkin Seeds (14%), NC Honey (12%), OG Sunflower Seeds (8%), Pecans (7%), Canola Oil (7%), OG Fair Trade Molasses (6%), OG Coconut Flakes (2%), Salt, Cinnamon, Cardamom

## Sweet Potato Pecan Muffins

Organic Whole Wheat Pastry Flour (31%), NC Sweet Potatoes (22%), Pecan Milk (16%), Vegetable Oil (9%), NC Honey (7%), Organic FT Molasses (6%), NC Pecans (5%), Lemon Juice (2%), Baking Powder, Salt, Cinnamon, Ginger, Nutmeg

## Whole-wheat sandwich bread (840g/loaf)

OG whole wheat flour (57%), Water (36%), Vegetable oil (4%), NC Honey (2%), Molasses, Salt, Yeast

## Half-wheat sourdough sandwich bread (840g/loaf)

Water (36%), OG ww flour (30%), veg oil (4%), NC Honey (2%), Molasses, Salt, Yeast

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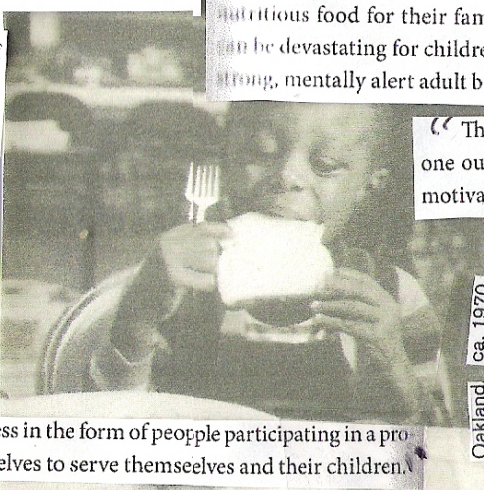
Water (36%), OG ww flour (30%), veg oil (4%), NC Honey (2%), Molasses, Salt, Yeast



We got the idea to put the time-of-day at the top of every 'zine from seeing an issue of the Black Panther Party's newspaper - just seeing 3:50 AM bridged forty-years to make us vividly imagine folks staying up until late editing and laying-out text.

Lately we've been thinking about what kinds of similar projects we might look to for guidance, and the BPP's school breakfast and free food programs came to mind. We are inspired by them and see some parallels between this program and our work because it is a food program coming from an anti-capitalist movement, they had a vision around food access as part of a broader justice framework, and the program focused on a specific group of people (low income, Black children) while also involving a wide spectrum of folks from the community pitching in (business owners donating food, working people running the programs, parents bringing their kids, kids eating).

The program will raise consciousness in the form of people participating in a program that they put together themselves to serve themselves and their children.



Oakland ca. 1970.

The Black Panther Party's Free Food Program provides free food to Black and other oppressed people. The current spiraling of food prices makes it increasingly difficult for Black and other poor people to buy good quality, nutritious food for their families. The long-range effect of high food prices can be devastating for children who need nourishing food in order to develop strong, mentally alert adult bodies.

The consciousness of the children will be raised in that they will see someone outside the structure of their own family working in their interest and motivated by love and concern.

The Free Breakfast for School Children is about to cover the country and be initiated in every chapter and branch of the Black Panther Party. This program was created because the Black Panther Party understands that our children need a nourishing breakfast every morning so that they can learn. These Breakfasts include every nutrient that they need for the day. For too long have our people gone hungry and without the proper health aids they need. But the Black Panther Party says that this type of thing must be halted, because we must survive this evil government and build a new one fit for the service of all the people.

It is a beautiful sight to see our children eat in the mornings after remembering the times when our stomachs were not full, and even the teachers in the schools say that there is a great improvement in the academic skills of the children that do get the breakfast. At one time there were children that passed out in class from hunger, or had to be sent home for something to eat. But our children shall be fed, and the Black Panther Party will not let the malady of hunger keep our children down any longer.

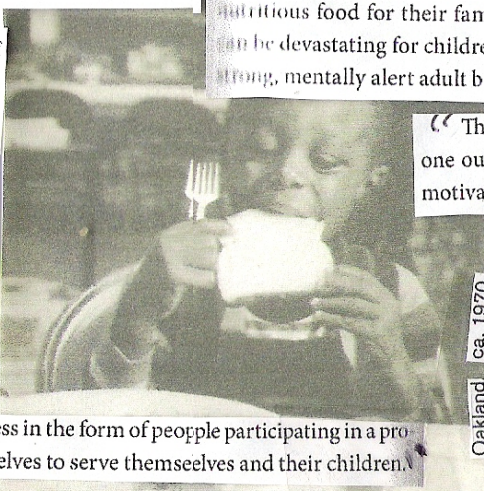
As Huey Newton explains, building this sort of cross-class community (particularly in the Free Food Program), helped everyone realize their common struggle:

... everyone in the community, particularly those who are the poorest and most oppressed, can have their consciousness raised through the Free Food Program. The community begins to organize in protest against food stores that exploit them and in fact may even boycott these stores until their prices conform to what the community can afford to pay. Those who own and manage the stores will seek to lower their prices in order to maintain their business in the community and as a result will be come unified with the people in the fight against economic exploitation.

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