

# COMMUNITY KITCHEN

## field guide



MAHASHIFT x SALVAGE  
PRESS KITCHEN

FEED THE STREETS!

## Welcome to Community Kitchen Field Guide!

This zine is a glimpse into a few of the food distribution projects in Yelamu/SF and a guide for how to start regularly feeding folks in your neighborhood for free. The creators of this zine have been involved in mutual aid cooking projects over the years— Food Not Bombs, protest and jail support cooks, and the most recent: Salvage Kitchen.

Salvage Kitchen popped up in Upper Haight in SF in January 2025 in response to Mayor Lurie's violent agenda of displacement against our unhoused neighbors. Since then, folks have taken on DIY cooking projects in the Mission and the Sunset/Richmond too.

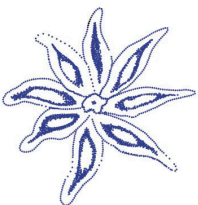
Feeding our friends and neighbors allows us to meet individuals' needs, cultivate trust, and build power and solidarity. As threats of ICE raids increase, we've found that cooking & eating together is an outstanding way to get to know neighbors and start organizing together.

### Questions, or want to get involved?

Reach out to [@makeshift.press](https://makeshift.press) or email [makeshiftmag@proton.me](mailto:makeshiftmag@proton.me) and we'll tap you in!

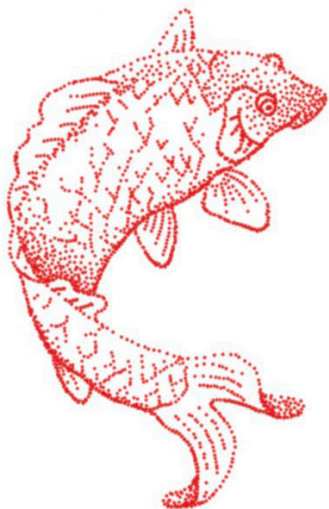


Here's a loose outline of how we went about starting neighborhood cook nights in the Haight and the Mission! Keep reading for more.



1. Gather your friends/neighbors
2. Source ingredients
3. Find a place to cook
4. Determine what to cook
5. Cooking and distributing food
6. Plugging in

# GATHER SUPPORT



Mutual aid work requires collaboration and community -- no one can sustain this kind of work alone! Recruit some folks to help you:

- Ask your friends, lovers, or family
- Invite your neighbors or flyer in your neighborhood - a great way to build community!
- See if a club you are a part of would be down to dedicate extra time to meal distribution



There are many ways to plug in! When we get together and cook, folks have taken on a bunch of different roles depending on what they want to do and what resources they have access to:

## Some ideas of different roles:

- kitchen host
- sourcing produce
- supply coordinators
- chefs
- cleaners
- serving/distro
- outreach - ex: making flyers





# SOURCING

Now that you've mobilized community support, it's time to source ingredients. You don't need to buy anything!

## Minimum/essential supplies:

Rice, beans or lentils, oil, pans/pots/utensils, salt & spices, baking supplies

## Sourcing produce requires regular coordination but not extra money:

- see if garden/farming friends can harvest extra
- ask your local grocery store or corner store for donations
- dumpster dive!

“Dumpster foraging reminds me in the most tangible way that scarcity is **FAKE AF** and we live in a world that nourishes us all tenderly outside of these evil systems.

I super special love the metaphors that I find/feel/see when I come up on beautiful dumpster bouquets because I am a double cancer and this type of beauty categorized as waste is what us little crabs live to savor”

--cooking comrade





# MARKETS + DUMPSTERS



## Dumpsters

### Outer Sunset:

- Other Avenues
- Gus' on Noriega

### Outer Richmond:

- Balboa Produce Market
- 25th and Clement Market
- Del Rio Produce
- Yin Xing Food Co

### Mission

- Mi Tierra

## Groceries w/ donation boxes

- Evergreen Market on 21st & Mission
- Rainbow Grocery on Folsom & 13th/14th
- Luke's Local on Cole & Parnassus
- Lots of local bakeries will share unsold pastries at the end of the day! Check out Arizmendi and Fox & Lion.

# FIND A PLACE TO COOK

To sustain the project, you'll need consistent access to a kitchen or prep space!

Salvage Kitchen began by rotating kitchens amongst neighbors until a comrade offered their house for regular weekly cooks in the Haight. Mission cook is consistently rotating houses and sharing capacity.

- Community kitchens — FoodNotBombs and Homeless Youth Alliance volunteers cook at a consistent location every week
- Martin de Porres House of Hospitality
- SF Friends Meeting-Quakers
- USF kitchen
- Crissy Field Center

## Figure out what to cook!

- Dietary restrictions: are vegan, vegetarian, gluten-free, allergy-friendly meals needed? In the Mission, we got lots of requests for meat!
- Gauge quantity: how many folks do you anticipate feeding? In a home kitchen we've been able to cook around 30 meals at a time.
- What ingredients do you have access to?
- Recipes: [www.foodnotbombs.net/bookrecipes.html](http://www.foodnotbombs.net/bookrecipes.html)



# RECIPES + COOKING TIPS

## Vegetarian Stew with Rice - makes ~25 meals

- base ingredients: 6+ cups of rice, about 2 cups dried lentils or 3+ cups dried beans, any veg
- if using dried beans, soak them overnight and then get them started on the stove at the start of cooking
- rice should be started while produce is being washed and chopped
- add veggies to a pot with oil: potatoes, onions, cabbage, carrots, celery, mushrooms, etc. Add water/broth once veg is soft.
- add lentils toward the end. they'll need 20+ minutes to cook
- add greens last and season with acid
- taste as you go! embrace salt!



## Salad Dressing Ratio:

3 parts oil to 1 part vinegar/acid



## Cooking Tips:

- chop veggies different ways to diversify textures or roast some to crisp them before adding
- chopped tomatoes add dimension & flavor if available! citrus juice or vinegar help for flavor
- replace water with bouillon or broth when available
- don't cook cucumber or lettuce - save for a salad or directistro
- be efficient and resourceful but do not sacrifice flavor and intention just to get the job done



# DISTRO

What else do you want to distribute? This answer depends on your group's capacity and the community need. Common requests are:

**WATER    HARM REDUCTION SUPPLIES    CIGS**  
**ZINES        CASH        CLOTHES & SOCKS**

In the Haight, folks often request hand warmers, water and soda, and socks. Comrades have worked to meet these needs when possible by fundraising for supplies. You might ask your community for requests and work on sourcing over time while prioritizing consistent food distribution. Distribute what you collect as you get it, or source for specific people as needed!

Fundraising can be simple or more complex! Everyone that attends a cook could throw in a few bucks or comrades could work together to put on a fundraising event.

In July '25, Salvage Kitchen hosted a backyard art market with twenty vendors, live screenprinting, musicians, live tattoo, and a clothing swap and raised thousands for food distributions, direct aid to Gaza, and financial support for families affected by deportation.



# DISTRO LOGISTICS

Where is there need for homecooked meals?

- in your neighborhood - do families need school lunches? do day laborers need breakfast or coffee?
- a local park
- direct action & protest support
- local jail when folks are released

Consider where you have relationships with folks rather than infiltrating a space you don't have a connection to.

Next, determine how to transport what you cooked. Maybe you have access to a wagon/cart or large tote bags. For mobile food distribution in the Haight, comrades were able to liberate a Tr\*der J\*es cart without setting off the wheel lock by loading it into the back of an SUV. Other comrades have donated granny carts or bring their personal wagons for use during distro.

Mission cook has also hosted get-togethers in the park and invited any and all neighbors to gather and share food. Throwing a big ol barbeque is an outstanding way to build hyper-local connections!

A neighbor recently told us, it's not about food or money. If we're united as a neighborhood, we'll always have what we need.



# DISTRO LOGISTICS CONT.

If you have access to to-go containers, you can individually portion out your meals ahead of time. If not, consider distributing directly from cookware into bowls/plates!

## Some places to source bowls/utensils:

- ask friends/neighbors for leftovers from a gathering
- collect from your workplace after events
- liberate from Wh\*le F\*\*ds if you're comfortable

## Some places to source containers:

- restaurant supply stores (Mission, Bayview, Outer Sunset)
- neighbors/friends who order takeout

## To source cookware:

- thrift stores
- contact salvage kitchen
  - reach out to fae at the mission cook (sorrel.38 on signal) or sambucus (sambucus.01) at the haight cook, we might have extra supplies!



## For sustaining / helping with burnout:

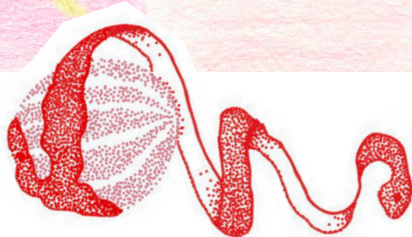
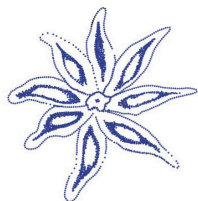
- figure out what you can repeat and reuse — using the same location every week, take-/out containers, same email/poll for checking in/gauging support and capacity
- on the flip side, does it work better for your group to cook at different houses every week so that no one host gets burned out and you can spread out capacity and resources?



# MAP + SCHEDULE

You don't have to start this by yourself! Sooo many people have been doing this for a long time actually...

- Sunday — Homeless Youth Alliance in Haight
- Wednesday — FNB in Mission around 16th
- Thursday — Salvage Kitchen in Haight
- Friday — FNB at Civic Center
- Salvage Kitchen in Mission - rotating days, email [missioncooks@proton.me](mailto:missioncooks@proton.me) to get involved!
- Salvage Kitchen Sunset/Richmond cook irregularly meeting in Outer Richmond/Presidio



COME COOK WITH US AND...

# FEED YOUR NEIGHBORS

HOT FOOD FOR ALL  
w/ RESCUED FOOD WASTE

NO COPS  
NO ZIONISTS



Cook  
starts  
@ 5:30

HAIGHT

\*every Thursday night  
\*location rotates

NEIGHBORHOOD  
CHEF COALITIONS

SUNSET/RICHMOND  
MISSION

distribute  
Starting @ 7:30

\*active, not weekly (yet)



# SALZGE KITCHEN