



The Tactical Guide contains dozens of ideas to help you re-imagine, re-think and re-purpose neighbourhood spaces to support and encourage physical activity and social connectedness. Here, we look at the third of seven tactics:

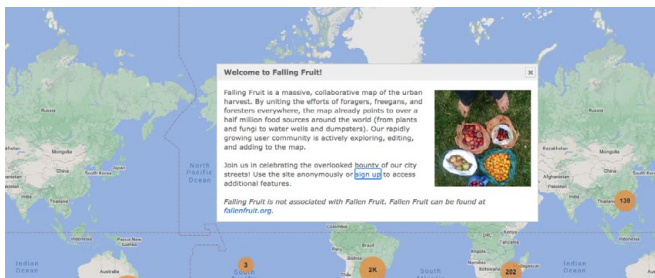


## Culinize

Incorporate food, particularly its preparation, distribution, and consumption, into neighbourhood spaces and events. Here are a few ideas to get started:

### 1. Falling fruit map

Don't let nature's bounty go to waste! A **"falling fruit" map** can point people toward fruit-bearing trees. Then organize a neighbourhood walk/wheel to collect what's in season!



### 2. Coffee (bike)truck

Have you ever considered operating a coffee truck from your bicycle? **A camp stove, kettle and some coffee can make you the neighbourhood barista!** Get creative with your setup and invite your neighbours to stop by for a cup.



Photo: C. Costas

### 3. Neighbourhood free pantry

**Little Free Pantry** sites are focused on keeping our neighbours – and neighbourhoods – nourished by both giving and receiving food. Add a variety of recipe cards and coupons to make the project more useful and welcoming.



Source: <https://www.littlefreepantry.org/>



## 4. Mobile produce market

A **mobile produce market** can provide access to fresh food without a whole grocery store of costs, while encouraging urban farming, accessibility and equity.



Source: <https://www.nycfoodpolicy.org/mobile-good-food-market-program-toronto-urban-food-policy-snapshot/>

## 5. Republic of Super Neighbours/ République des Hyper Voisins

Join the revolution of neighbours coming together to dine on the streets in a display of community and sociability. Set up foldable tables and chairs and enjoy a community potluck meal. Check out the **Paris example** to learn more about the benefits of gathering as neighbours and how this can be done.



Republic of Neighbours, By Thierry Nectoux, Paris, France

### Here's more:

- Organize a “Pick Your Own” day to bring people together in rural areas.
- Host an Herb Walk/Wheel (individual leads a walk through the trail to identify edible plants) or plant a front-yard herb patch with a “pick some for dinner” sign.
- Organize a community food shopping day.
- Teach neighbours how to freeze and preserve food and leftovers.
- Collect food that thrown away by restaurants and grocery stores for food banks and homeless shelters.
- Host potlucks and community cooking classes – share the creations.

For more information about how to Activate Your Neighbourhood, visit [activateyourneighbourhood.ca](http://activateyourneighbourhood.ca).

