



An narchist
Guide to
Dumpster
Diving



Based on experiences in the
Metro Detroit area, 2019



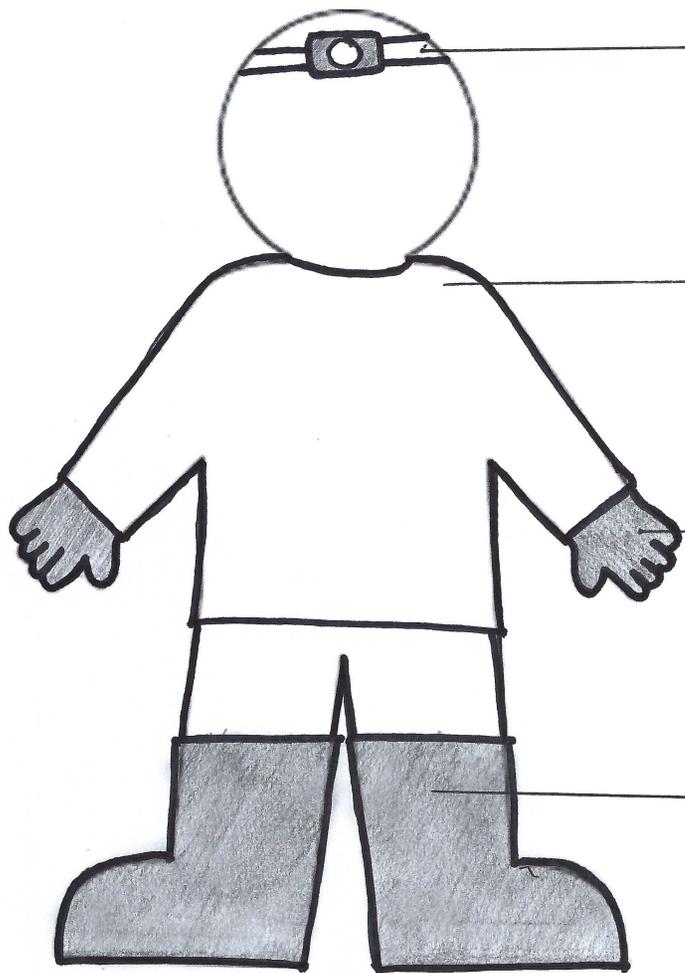
Photos accurately represent food and items found in local dumpsters



Sort, store, distribute, eat!



Wash using water and vinegar, or other food-safe cleaning products



Headlamp/Light

Handheld light or phone flashlight works fine too!

Comfortable Clothes

Easy to move in, easy to clean
Okay to damage (might rip or get stained)
Long sleeves recommended

Gloves

Water-resistant and/or cut-resistant
Protect your hands from glass, splinters, and "dumpster juice"
(liquids from rotten produce and other sources—likely not harmful, but may be gross)

Boots

Water-resistant with thick soles
Keep your feet and pant legs safe and dry
Good traction helps to climb in and out of dumpsters safely

Isn't dumpster diving dangerous?

Everything we do has some level of risk; you decide what is manageable and worthwhile for yourself. As always, be careful doing activities that involve climbing and potential exposure to sharp objects.

Is the food safe to eat?

Plenty of perfectly good food is discarded because of small blemishes, damaged packaging, or reaching the printed "expiration" date. Use your judgment before consuming!

Isn't taking from dumpsters stealing?

If it is, we are only taking back what has already been stolen from us... our land, our labor, our lives!

30-40% of food produced in the U.S. is wasted

(source: USDA)

Food waste on such a massive scale is no accident or coincidence. Powerful people and their corporations in the food industry don't care about food waste! In fact, it fuels their profits. Massive over-production of food results from exploitation of human bodies at every level--from farm to retail workers. Humans and animals in this industry are symbolically and literally disposable. Indoctrination into capitalism and a consumerist mindset is necessary for those in power to keep you stuck in this cycle. Once you believe that you only deserve food if you work hard enough or long enough or well enough to pay for it with the right amount of money, you join their side.

Companies push consumerist framing onto one of our basic needs: food. They want you to work for as little money as possible, then spend it on "their" products at their prices. Controlling excess food creates an artificial scarcity for all of us and a real, palpable shortage for the most vulnerable among us. Supporting this system legitimizes their ownership of food and the labor that went into producing, moving, and selling it.

Take what you need through direct action!
Food to the people = POWER to the people!



Getting Started Checklist:

- Consider what risks you are willing to accept, including potential effects on others in your communities.**
 - How will I react if approached by security/law enforcement?
How might my social location affect that interaction? Are there more vulnerable populations that could be harmed by my participation in this activity?

- Think about what kinds of food and/or items you want, then look for stores that sell those things.**
 - Good locations will be closed at the time you want to go out, with unlocked dumpsters and not compactors
(For safety, please NEVER enter a compactor!)

- Assemble recommended items for safety, efficiency, and cleanliness: gloves, headlamp/light, boots, clothes**
 - Tip: Keep these items together in a designated bag/box so they're always ready to go when you are

- Find a trustworthy buddy to go with you, if possible.**
 - It's often more fun with a friend, and this can help build your confidence while you develop your technique

- Consider where you will clean/process your finds, AND where/how to distribute extras.**
 - If unsure where to start, look for local mutual aid groups

- Map your route and go out!**

For more information or free food, text (313) 437-1335