

Food Sharing System

Goals:

1. Encourage the making of meals that are: shared, healthy, earth-friendly, affordable and delicious.
2. Conserve fridge and shelf space.
3. Reduce packaging.

General rule:

1. Include whole, basic ingredients for meals.
2. Do not include ready-to-eat processed foods, snacks and drinks.

Include for sure:

Bulk beans, grains, flours, pastas, seeds.
All whole vegetables
All local fruits, basic or seasonal imported fruits.
Tofu, tempeh, seitan, tvp, veggie ground.
Condiments, vinegars, miso, spices, herbs.
Oils for cooking and to make salad dressing.
Sweeteners such as: maple syrup, barley malt.
Seaweeds, olives, sauerkraut.

Do not include*:

Ready-to-eat breakfast items such as soy milk, juice, bread, nut and seed butters, packaged cereal, yogurt, marg, and butter.
Specialty expensive oils.
Packaged snacks and desserts.
Exotic fruits.
Prepared salad greens.
Nuts and dried fruit.
Veggie burgers, dogs, deli slices and other **single-serving-size** faux meats.
Sweet stuff including sauces and condiments with sweetener as the first ingredient.

* Exceptions may be made if items are used as ingredients for shared meals, or if most people are OK with it.

Notes:

- Don't forget to eat from the garden.
- Before shopping, check the fridge to see what we already have.
- Don't buy fresh veggies and fruits right before the Dufferin Grove Farmers Market on Thursdays 3-7pm. Steve (and sometimes others) always shop there.
- When buying stuff, don't buy extra unless you have definite plans to be using it in the near future, or you know that it will be of use to others. Everyone has different tastes and cooking styles. And many of us prefer to buy food fresh and use it soon.
- On the food sheet put a price for each item you buy.
- When you purchase shared items, put them in the common areas so everyone knows they are shared and available for use.
- If you have a private food item that you no longer want, put it on the common shelves with a note to "please eat".
- Setting aside a portion of a shared meal for later use – This is OK if you made the meal. If someone else has made the meal, ask their permission.
- When having guests over for a meal that will be using some house ingredients, it is nice to invite other housemates to join in, and to add the number of guests to the "days eating" area of the food list, under your name. This will avoid the problem of feeling that you have to buy separate ingredients for guests to eat.

Laundry

1. Please **empty your pockets of loose change, nails** etc. They can slip thru the drum and break the pump.
2. Everyone has their own laundry powder or liquid (preferably environmentally-friendly). There is also a separate laundry soap for washing house clothes, rags and rugs.
3. Please don't use any chemically scented products.
4. If using commercial detergent, don't use very much – front loading machines use much less water so you need less detergent. It is recommended to use a product marked "low suds".
5. Don't wash single items, because the spin cycle will become unbalanced and won't work properly.

Drying clothes

When using the outdoor clothing line you may need to wipe off the wire with a rag if it hasn't been used in a while. Always use the wheeled device (see drawing) midway thru putting up your laundry as it reduces sagging and stress on the line. Please remove clothes promptly once dry. Also please bring the clothes pegs back inside.