

01

YUMYODA

SURVIVOR'S
GUIDE

FOOD

FIGHT

ZINE EXCHANGE

YUMMYODA



SPiritUAL WARriORS

Self-Reliance And Confidence

Address the root causes of fear and hate.



In a world often overshadowed by fear and hate, remember that the power to change it lies within us. By addressing the fundamental aspects of life, we can combat these insidious forces. Ensuring food security for ourselves and others not only satisfies our most basic needs but also offers the freedom to focus on personal growth and creating positive change. Equipping ourselves with self-defense skills instills confidence and deters the fear that stems from vulnerability. And finally, embracing creativity, especially through art, offers a channel for emotional expression and bridges the gaps that divide us. Together, these pillars of empowerment can inspire us to take action, making our communities and the world at large a more compassionate and united place, one step at a time.

Join us in our journey.


www.yumyoda.com

I Am Not A
Victim. I Feel
Pain, But I
Am In Control
Of Me. People
May Misun-
derstand Me,
But I.D.C. Be-
cause, What
Doesn't Kill
Me, Only
Makes Me
Stronger.

NYC

Photographer: Anthony Geathers



  @environmentalhoodrestoration
 @hoodrestoration



EVEN PREDATORS HAVE WEAK SPOTS.

\$ GROUNDWORKCEM @ GROUNDWORK_CEM



EARS

Scream into or open palm strike the ears. Striking with elbow or object works as well to disrupt the attacker.

EYES

Strike the eyes using fingers or object, causing your attacker to be momentarily blinded.

THROAT

Use fingers to send a quick strike to throat to cause discomfort and push attacker back.

NOSE

Strike the nose to cause attacker's eyes to water. If struck with object, nose may break.

SOLAR PLEXUS

If you are accurate, striking the solar plexus will knock the air out of the attacker. This is very effective done properly.

GROIN

Most vulnerable area, strike the groin with a kick, knee, or palm to thwart off attack and get away!

KNEES

In life threatening situations, kick towards side of the knee to erupt their ability to chase you.

TOES

When being held, use your heel to stomp on the toes to cause attacker to release you.

Groundwork is a community-sponsored initiative dedicated to imparting essential self-preservation skills, encompassing survival, medical expertise, and self-defense.

IS THIS FOOD EXPIRED?

UNDERSTANDING DATE LABELS

The date that food companies put on packages are not regulated and do not mean that the food is unsafe to eat, except in the case of baby formula. Most foods are still tasty and nutritious after the date has passed. **Not sure if food is spoiled? Check for off odor, flavor or texture.**

“BEST BY” OR “BEST IF USED BY” DATE

This date tells you when the food will have the **best flavor**.
It is **still safe to eat** past this date

“USE BY” OR “EXPIRATION” DATE

This is the last date that the product will be at its **peak quality**.
It is **still safe to eat** past this date (except for baby formula)

“PACKING/MANUFACTURING” DATE

This is the date used by manufacturers for tracking.
It is not an expiration date - it is not related to food quality or safety.

“SELL BY” DATE

This tells the store how long to display the product for sale.
It is **still safe to eat** past this date.

GOOD FOR UP TO ONE YEAR AFTER THE DATE:

- Packaged food like cereal, pasta, dried beans, and baking mixes
- Frozen foods
- Canned goods including soup, condiments, meat, fruit, and vegetables

GOOD FOR UP TO 30 DAYS AFTER THE DATE:

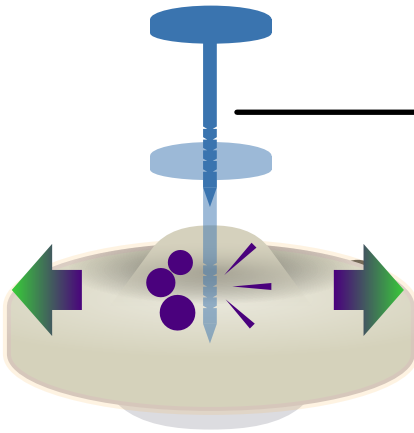
- Butter
- Cheese
- Eggs

GOOD FOR UP TO SEVEN DAYS AFTER THE DATE:

- Milk
- Yogurt
- Cream Cheese

Security Tags

Believe it or not, most security tags you see on clothes can be removed using a magnet.



————— This Pin
is held in place

————— By either
ball-bearings
or pins
both, made
of metal.



————— The magnet
simply pulls
on the metals
to release
the Pin.



**IF YOU STEAL,
ALWAYS BE OK WITH
THE WORST-CASE
SCENARIO.**

THE FUCKING ART OF RACKING

FIVE TIPS YOU SHOULD CONSIDER

If you steal, always be OK with the worst-case scenario.

Shop Your List

Before your rack, go online and make a list of the expensive stuff you want. Walking around the store with a list looks a lot more valid. If an employee asks if you need help, just say no, searching and discovering supplies is the most therapeutic part of shopping.

Honor Among Thieves

Fuck all Capitalism, but hitting corporations over small mom-and-pop stores is the direction you should be heading. Corporate America steal \$50 Billion each year from employees, so, we got a lot of ground to cover.

Get The Job

If you're going to keep hitting the spot, you might as well go for the job. The benefits of working at a space you're successful at, is you learn more about operations, and you can get off with higher racks. However, don't ever get caught stealing at your job. Be a Ninja, forever.

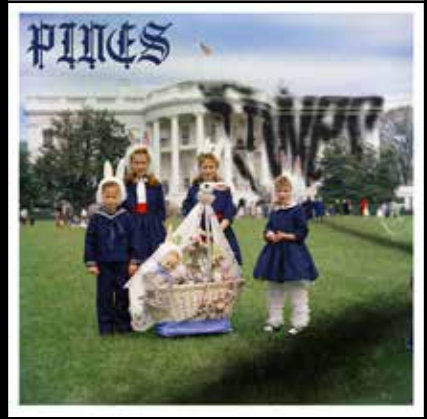
All In Your Arms

Never grab a basket. If a employee tries to give you a basket, be stubborn, or just rant on about the use of plastics and how bad it is for the environment. You should always practice, before hand, how to put shit in your pocket(s) with full hands/arms.

Winter Is Racking Season

Snow Jackets have an extra internal fastening that keeps snow from going up into it. Believe it or not, you can throw a couple of things inside those jackets; I've left off with anything from 18x24 drawing pads to 3-5 drinks from Seven-Eleven. I've done "Compra" in those jackets, fam.

HIP HOP



Justin Pines is a lyricist from Teaneck, New Jersey. We know him from being on the ground here in NYC, fighting for social justice. Justin is also a funny mother f*ker.

justinpines.bandcamp.com

UNDERGROUND MUSIC

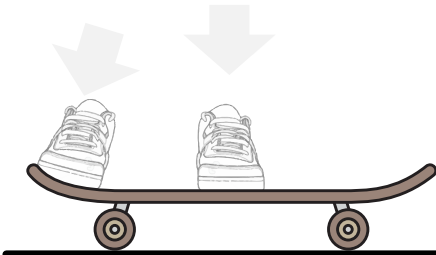
The Resistance Company is an indie rock band playing activist music for the badassess. We love them. They show up on the ground banging on airwaves and striking antifascist notes.

theresistancecompany.bandcamp.com

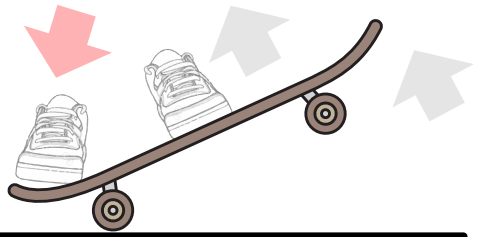


INDIE ROCK

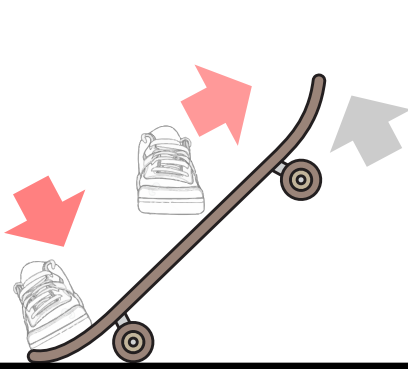
“Ollie”



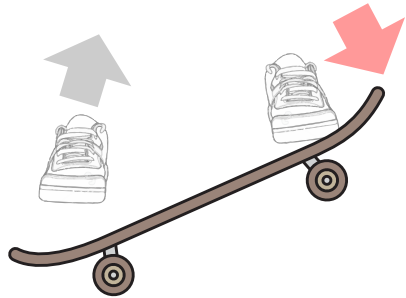
a. Pay attention to what is happening to the board



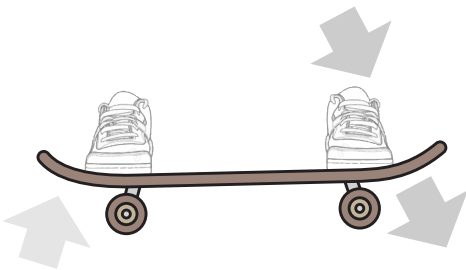
b. Theory is, as you're pushing your body off the ground, snap the tail towards the floor



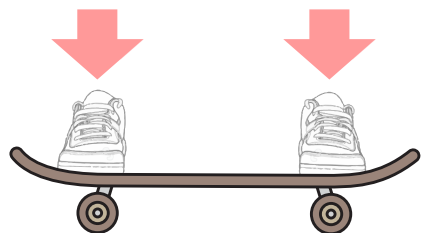
c. Physics say, as the tail hits the floor, striking the nose will cause the back >>>



d. to lift



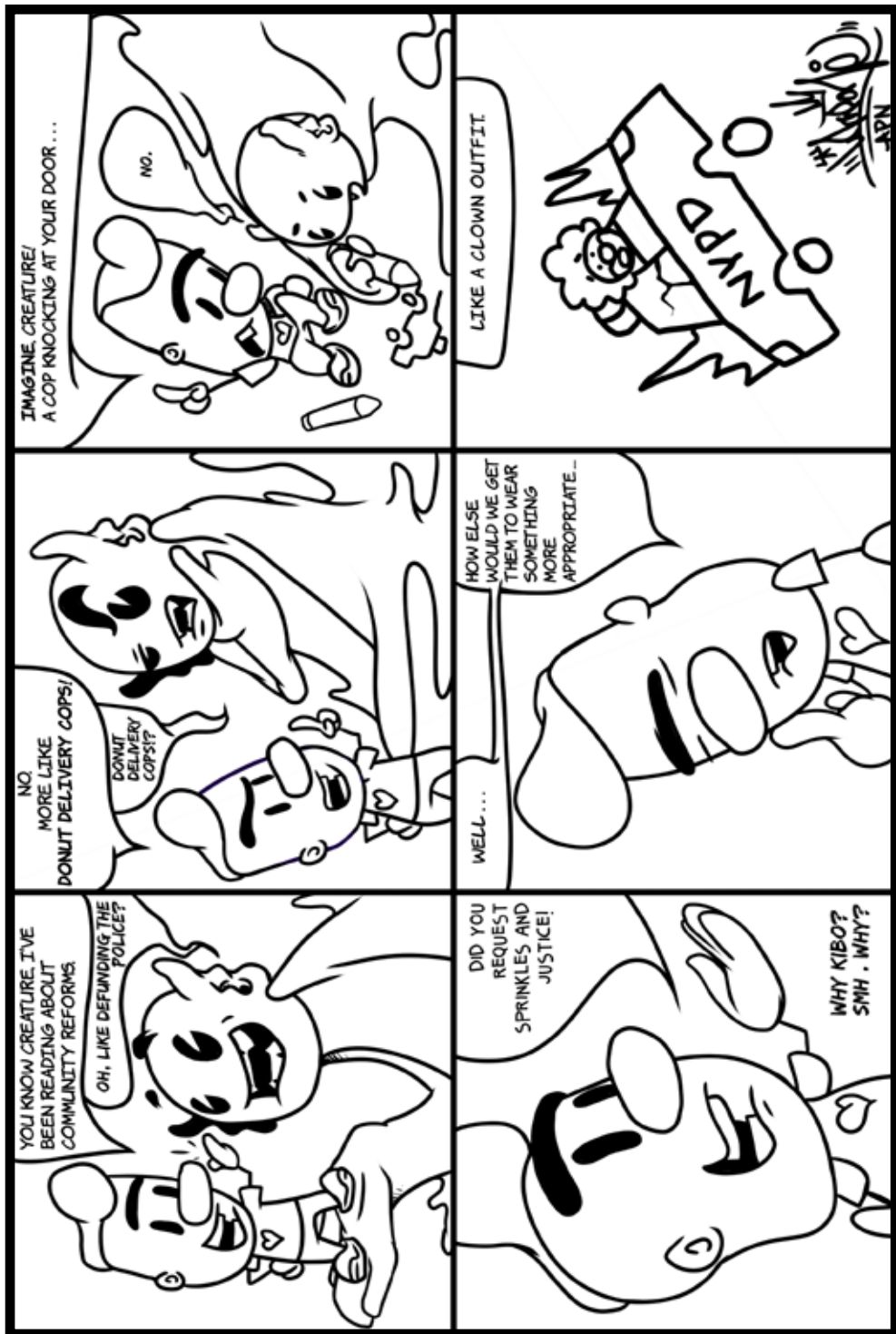
e. Due to this, the tail of the board meets your back foot in the air



f. And as you come down, you learn to do so evenly.

Now pay attention to the arrows.









THEY LIVE
A01



THEY LIVE
A02



GREMLINS (GIZMO)
A03



A04
A04



A05
A05



GET OUT
A06



PUPPET MASTER
A07



GREMLINS
A08



PUPPET MASTER
A09



HORROR MOVIES
A10



DC (JOKER)
A11



JOKER
A12



JASON
A13



JASON
A14



DC (JOKER)
A15



HELLBOY
A16



JASON
A17



ALIENS
A18



DC (JOKER)
A19



JACK SKELETON
A20



AKIRA
A21



DEVILMAN
A22



HENRY SELICK/TIM BURTON
A23



BOOGIE MAN
A24



STAR TREK
A25



CHAINSAW MAN
A26



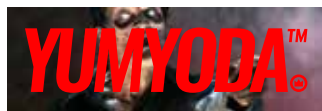
STAR TREK
A27



FRANKENSTIEN (1974)
A28



THE CREATURE (GILL-MAN)
A29



EVIL DEAD
A30



EVIL DEAD
A31



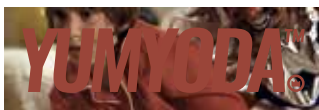
EVIL DEAD
A32



MISERY 1990
A33



POLTERGEIST
A34



POLTERGEIST
A35



POLTERGEIST
A36



STRANGER THINGS
A37



STRANGER THINGS
A38



STRANGER THINGS
A39



HALLOWEEN
A40



STRANGER THINGS
A41



STRANGER THINGS
A42



STRANGER THINGS
A43



HALLOWEEN
A44



THE GATE (1987)
A45



THE LOST BOYS (1987)
A46



THE LOST BOYS (1987)
A47



THE LOST BOYS (1987)
A48



LEGEND (1985)
A49



LEGEND (1985)
A50



LEGEND (1985)
A51



THE FLY (1986)
A52



CANDYMAN
A53



CANDYMAN
A54



THE EXORCIST
A55



STEVEN KING'S IT
A56



HELLRAISER
A57



HELLRAISER
A58



PENNYWISE IT
A59



STEVEN KING'S IT
A60



US
A61



INSIDIOUS
A62



INSIDIOUS
A63



PAN'S LABYRINTH
A64



FREDDY KRUEGER
A65



FREDDY KRUEGER
A66



PAN'S LABYRINTH
A67



PAN'S LABYRINTH
A68



FREDDY KRUEGER
A69



GOOSEBUMPS
A70



MANIAC COP
A71



MANIAC COP
A72



MARVEL (SPIDER-PUNK)
B01



MARVEL (SPIDER-PUNK)
B02



TMNT
B03



TMNT
B04



FRIDA KHALO
B05



CHE GUEVARA
B06



MUHAMMAD ALI
B07



MUHAMMAD ALI
B08



FUCK 12
B09



NIMONA
B10



NIMONA
B11



NIMONA
B12



MARVEL (HOBIE BROWN)
B13



MARVEL (HOBIE BROWN)
B14



MARVEL (SPIDER-PUNK)
B15



MARVEL (SPIDER-PUNK)
B16



HELLO KITTY
B17



HELLO KITTY
B18



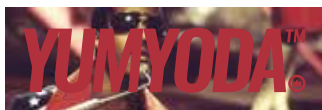
ARETHA FRANKLIN
B19



EQUILIBRIUM
B20



MARVEL (STORM)
B21



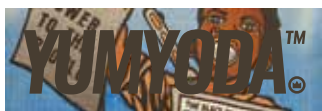
STEVIE WONDER
B22



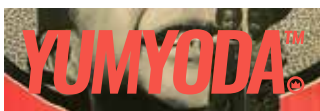
FRIDA KHALO
B23



FRIDA KHALO
B24



EMORY DOUGLAS
B25



EMORY DOUGLAS
B26



YOUNG LORDS
B27



HUEY P. NEWTON
B28



HUEY P. NEWTON
B29



MUHAMMAD ALI
B30



SPIKE LEE FILM
B31



BRUCE LEE
B32



BRUCE LEE
B33



SORRY TO BOTHER YOU
B34



SORRY TO BOTHER YOU
B35



FUCK 12
B36



THEY LIVE
B37



FUCK 12
B38



FUCK 12
B39



SPONGE BOB
B40



THEY LIVE + TRUMP
B41



SIMPSONS (WIGGUMS)
B42



SPONGE BOB
B43



SPONGE BOB
B44



SUPER MARIO
B45



TEEN TITANS (RAVEN)
B46



TEEN TITANS
B47



SUPER MARIO (YOSHI)
B48



ANGELA DAVIS
B49



ANGELA DAVIS
B50



ANGELA DAVIS
B51



JAMES BALDWIN
B52



ORCA
B53



ANGELA DAVIS
B54



JAMES BALDWIN
B55



JAMES BALDWIN
B56



ORCA
B57



CHE GUEVARA
B58



THE REAL MS.MARVEL
B59



MARVEL (MS.MARVEL)
B60



ACAB
B61



FUCK 12
B62



SPAWN
B63



RATM
B64



RATM
B65



BIG PUN
B66



PRINT + CHEETAH
B67



DMX
B68



DMX
B69



PRINT + ZEBRA
B70



PRINT + SNAKE
B71



PRINT + HONEY
B72



DRAGON BALL (FREEZA)
C01



DRAGON BALL (SHENRON)
C02



DRAGON BALL (GOHAN)
C03



ATTACK ON TITAN
C04



ATTACK ON TITAN
C05



SAILOR MOON
C06



SAILOR MOON
C07



SAILOR MOON
C08



ATTACK ON TITAN
C09



AKIRA
C10



AKIRA
C11



AFRO SAMURAI
C12



AKIRA
C13



GHOST IN THE SHELL
C14



GHOST IN THE SHELL
C15



READING RAINBOW
C16



DC (WONDER WOMAN)
C17



SHOTTAS
C18



READING RAINBOW
C19



JUICE
C20



MARVEL (THANOS)
C21



POWER RANGERS
C22



MARVEL (IRON MAN)
C23



BATMAN BEYOND
C24



MARVEL (CYCLOPS)
C25



MARVEL (MAGNETO)
C26



MARVEL (KILLMONGER)
C27



BOB CAT
C28



WHITE TIGER
C29



MARVEL (SPIDER-GWEN)
C30



LION
C31



MARVEL (KNULL)
C32



JACK SKELETON
C33



ERYKA BADU
C34



CYBERPUNK
C35



MARVEL (THE MARVELS)
C36



PALESTINE
C37



PALESTINE
C38



PALESTINE
C39



TAINO
C40



PUERTO RICO
C41



PALESTINE
C42



ERYKA BADU
C43



ERYKA BADU
C44



STEVEN UNIVERSE
C45



RICK AND MORTY
C46



RICK AND MORTY
C47



RICK AND MORTY
C48



EAT THE RICH
C49



EAT THE RICH
C50



CURRENCY
C51



NATURE
C52



SKULLS + FLOWERS
C53



SKYLINE + CYBERPUNK
C54



HORSE
C55



PLANET
C56



SIMPSONS + ORCA
C57



LITTLE MERMAID
C58



STAR WARS
C59



SPIDER-MAN
C60



RICK AND MORTY
C61



LILO & STITCH
C62



PEANUTS
C63



KEITH HARING
C64



KATSUSHIKA HOKUSAI
C65



DONKEY KONG
C66



KIETH HARING
C67



KIETH HARING
C68



MARK GONZALES
C69



BARBIE
C70



NARUTO (SASUKE)
C71



NARUTO
C72

SUPPORTER 1

HEALTH & FITNESS



ACTIVISM

SUPPORTER 2



MENTAL HEALTH

SUPPORTER 3



SELF DEFENSE

SUPPORTER 4

SUPPORTER 5

ACTIVISM





Exchange unique zines on food and personal safety topics.

SUSTAINABILITY • COMBAT • FOOD SOVERIEGNTY



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activist bookstore + café

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TUES - SUN**

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