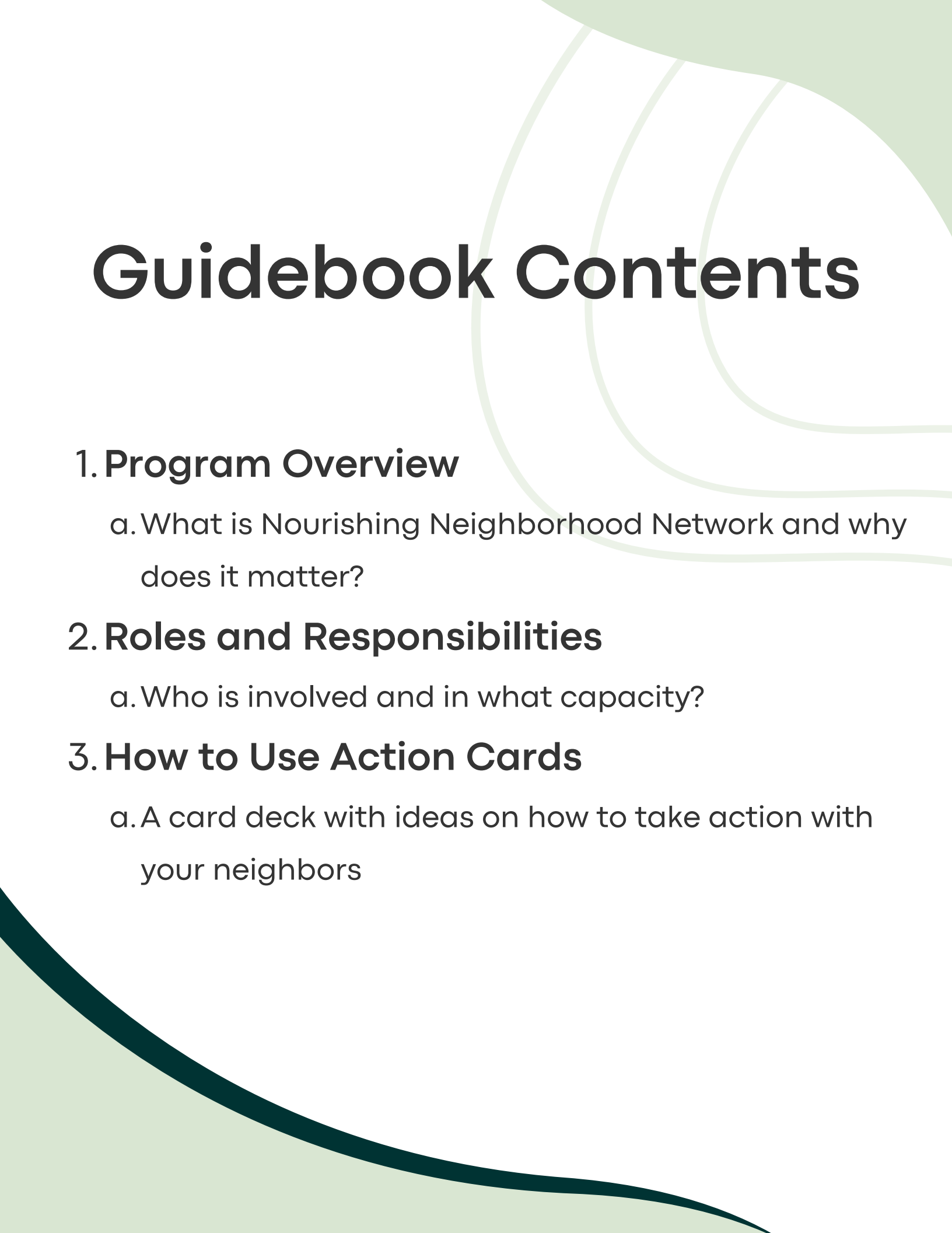




Nourishing Neighborhood Network

GUIDEBOOK

A toolkit to inspire action and foster resilience
in your neighborhood.



Guidebook Contents

1. Program Overview

- a. What is Nourishing Neighborhood Network and why does it matter?

2. Roles and Responsibilities

- a. Who is involved and in what capacity?

3. How to Use Action Cards

- a. A card deck with ideas on how to take action with your neighbors

PROGRAM OVERVIEW

Welcome Neighbors!

"THE CONNECTIONS AMONG LOCAL PEOPLE ARE WHAT AWAKEN THE POWER OF FAMILIES AND NEIGHBORHOODS TO WEAVE THE SOCIAL FABRIC OF AN ABUNDANT COMMUNITY."

-John McKnight

Nourishing neighborhood networks are small areas of the community, usually a block or street, working together to share the resources and skills necessary to thrive. They offer important ways to create meaning by building community relationships and contributing to something important.

WHY DOES THIS MATTER?

Humans have been gathering and distributing resources since the beginning of time. We are great at adapting to change, but we have to move quickly now in the face of the climate crisis. We must restore relationships with our land, resources, and neighbors to ensure our community will thrive for generations to come.

Guiding Principles:

PLACE

Our sense of place helps us understand where we are, who we are, and where we are going. We must honor and connect with the land we share to combat loneliness.

PEOPLE

Be a social weaver: bring people together and build relationships in a divided world. Let us work toward common goals that overcome our differences and include everyone.

RESOURCES

Reducing unnecessary consumption and waste creates a deeper sense of well-being. Non-physical resources such as connections, skills, stories, and gratitude are also tools for learning. Remember, everyone has the right to choose how they participate.

Guiding Principles Continued:

COMMUNITY

Relying on one's community and local businesses strengthens their network. Each individual can contribute toward a shared goal and the right to receive help.

GOVERNANCE

It is important to have a shared structure with clear rules and boundaries. These should be adaptable as your community evolves. The neighborhood rules should mesh with the local context, existing laws, and accessibility accommodations.

Key Terms:

Neighborhood= a small unit of the larger community, usually a street or block.

Resilience= the ability to adapt and thrive in the face of difficulties

Mutual aid= residents voluntarily come together to share resources and meet each other's needs

ROLES & RESPONSIBILITIES

Neighborhood Connector

A passionate resident with the capacity to coordinate events and serve as a point of contact. They schedule regular meetings, organize shared documents, and mediate conflict. Connectors should be welcomers and good listeners to facilitate, rather than dominate, neighborhood events and ensure they align with community values.

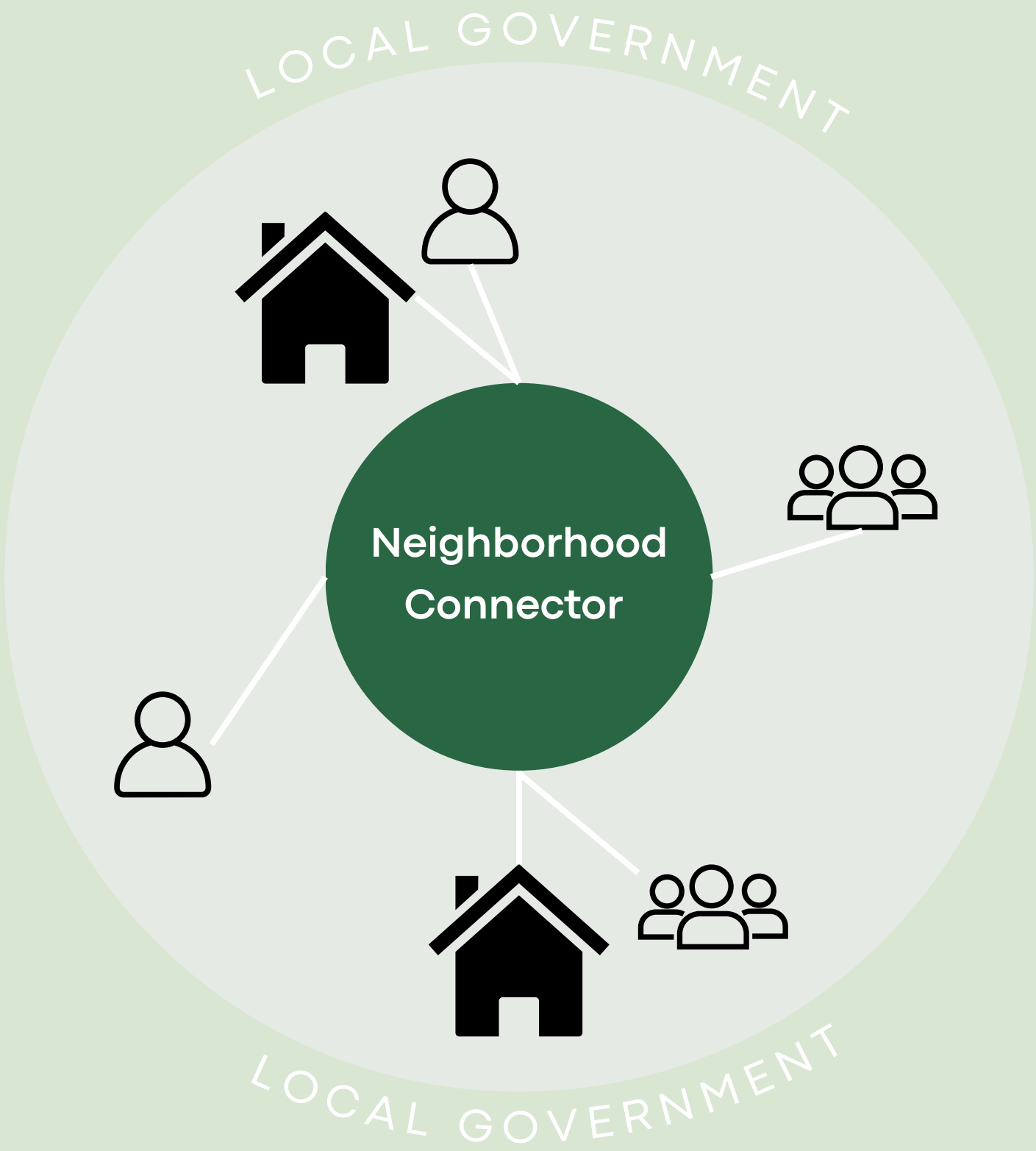
Neighborhood Residents

They are the heart of the network and the experts of their neighborhood. They collectively determine network boundaries, guidelines, and shared resources. Each resident is an important contributor, offering beneficial gifts and the right to choose if and how to share them.

Ann Arbor Office of Sustainability & Innovations

An ally that can clarify local ordinances, answer questions, and build trust with residents. Members of the local government can be seen as community supporters, rather than leaders, and respectfully navigate the process of finding and training Neighborhood Connectors.

ROLES & RESPONSIBILITIES



How To Use Action Cards

These action cards are one tool to build community and enhance resiliency. They help jumpstart the process by providing a structure that can easily be adapted.

There are multiple categories with various activity ideas you can do with your neighbors. They provide a brief introduction on why the action is important and additional resources to learn more.

Action Cards are meant to be flexible and customized to your specific neighborhood needs and resources. You can even come up with your own ideas! Feel free to share the cards and jump around instead of going in order.

There are different categories of actions, each with several activities to choose from.

GETTING STARTED

The first step can be the hardest. Getting to know your neighborhood and building connections will lay the foundation for effective action.

These cards are meant to guide you through getting comfortable with your neighborhood and taking climate action.



FOOD SECURITY

Food security is the ability to access to nutritious food. Collaborating with your neighbors can strengthen food systems for both you and your neighborhood. Food security becomes especially important during emergency events and economic downturns.



WASTE

The average American produces 34.3 pounds of waste per week. Waste production is a great habit to unlearn with your neighbors!

These cards are meant to guide you through ways to minimizing waste through sharing with your neighbors and waste-flow redirection.



Get inspired to take action with specific ideas that are inclusive and adaptable. Choose cards that work best for your neighborhood right now. Some cards can be done individually, but we encourage you to plan ahead and work together.

WASTE | W1

ORGANIZE NEIGHBORHOOD SWAP

HOW TO TAKE ACTION:

Organize a swap event to save money and reduce waste by exchanging unused items with your neighbors.

LEVEL:

- 1 Low Effort
- Medium Effort
- High Effort

TAGS:

- Family-Friendly
- Low Cost
- Event

SEASON:

WASTE | W1

A2ZERO

LEVEL indicates how much effort will be required to complete the task

SEASON bold icons indicate best time of year to do activity

TAGS indicate special features and considerations to make decisions

CARD IDENTIFIER indicates the category of card and its respective card number, which is referenced under "Relates To:", as well as the list of resources from the QR code.

RELATES TO: F1, F4, W3, W5

RESOURCES:



RELATES TO shows similar cards that could be done next

RESOURCES takes you to a list of helpful links to learn more





Contact Us

Email:

Phone:

Website: