



HOW TO MAKE A FOOD SYSTEMS ZINE



WHAT IS A ZINE?

A zine is basically a small, self-published booklet. It can be about anything: art, politics, personal stories, how-to guides. It's usually made cheaply, often photocopied, and shared by hand or online.

BRIEF HISTORY / VIBE:

Zines have a long history with grassroots movements. They came out of punk, feminist, and anarchist scenes in the 70s and 80s, but also way before that if you count pamphlets throughout history, including revolutionary publications.

They're tools for people to share ideas outside mainstream publishing—DIY style, unfiltered.

@concordiafoodcoalition



ZINES ARE:

**Vehicles for self-expression
& community sharing**

Flexible

Creative

Personal

Informal

Limited circulation

Often handmade

**Spotlight tools for niche or
specific communities**

WHY MAKE A ZINE?

Zines are creative + personal

Unlike formal reports or academic essays, zines can be messy, colourful, handwritten, collaged. They're your voice, your way. You can include doodles, poems, interviews, recipes, whatever helps tell your story.

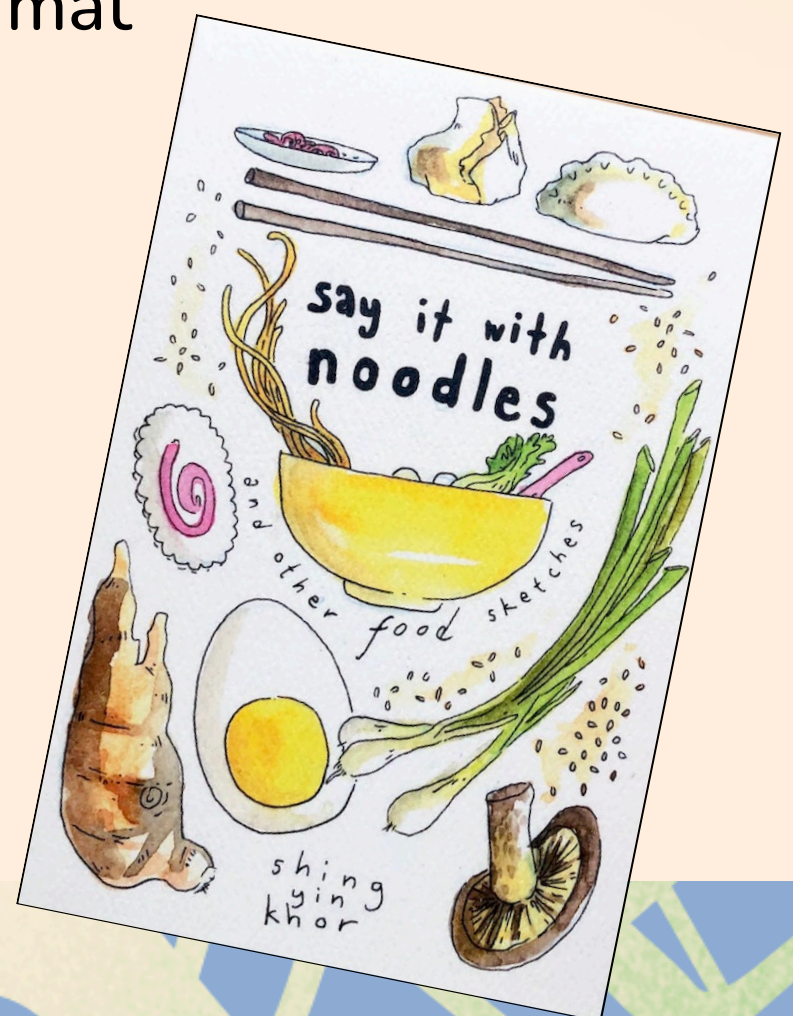
So in short: zines are small, self-made publications that let you communicate ideas your way— more story, more feeling.

They've always been used by people who want to push for change, share knowledge, or just express something that matters to them.



WHY USE ZINES FOR FOOD SYSTEMS?

- Food is personal & cultural—zines let you capture that
- Great for storytelling, recipes, interviews, and visuals
- Engages peers beyond academic papers
- A zine lets you explore your grandma's recipes, your community garden, or your frustrations with campus food, in a super personal and engaging format
- That's why they're so great for food systems projects—because food is deeply personal, cultural, political.



TYPES OF FOOD SYSTEM ZINES YOU COULD CREATE

Recipe zines

(seasonal, cultural, anti-colonial recipes)

Food justice primers

(explaining a concept like food deserts)

Campus food resource guides

(maps, cheap eats, food banks)

Personal stories & reflections

(farm visits, community kitchens)

Climate justice spotlight

(current issues, food processes)



BASIC PROCESS OF MAKING A ZINE

1

Pick a Theme or Topic

- Choose a subject that excites you—this could be personal stories, fandom, art, or niche interests.

Collect Content

2

- (Text, Images, Interviews, Data)
- Gather writings, visuals, interviews, quotes, poems or data that align with your theme.

Plan Pages (Storyboard or Sketch Layout)

3

- Decide how many pages you'll have (usually a multiple of 4) and sketch out what goes where.

Create the Layout

4

- Either collage by hand (scissors, glue, drawing) or design digitally using tools like InDesign, Word, or Canva.

Print, Assemble & Share

5

- Staple, and once assembled, share physical copies or export a clean PDF for online distribution via email, or social media.

USING CANVA

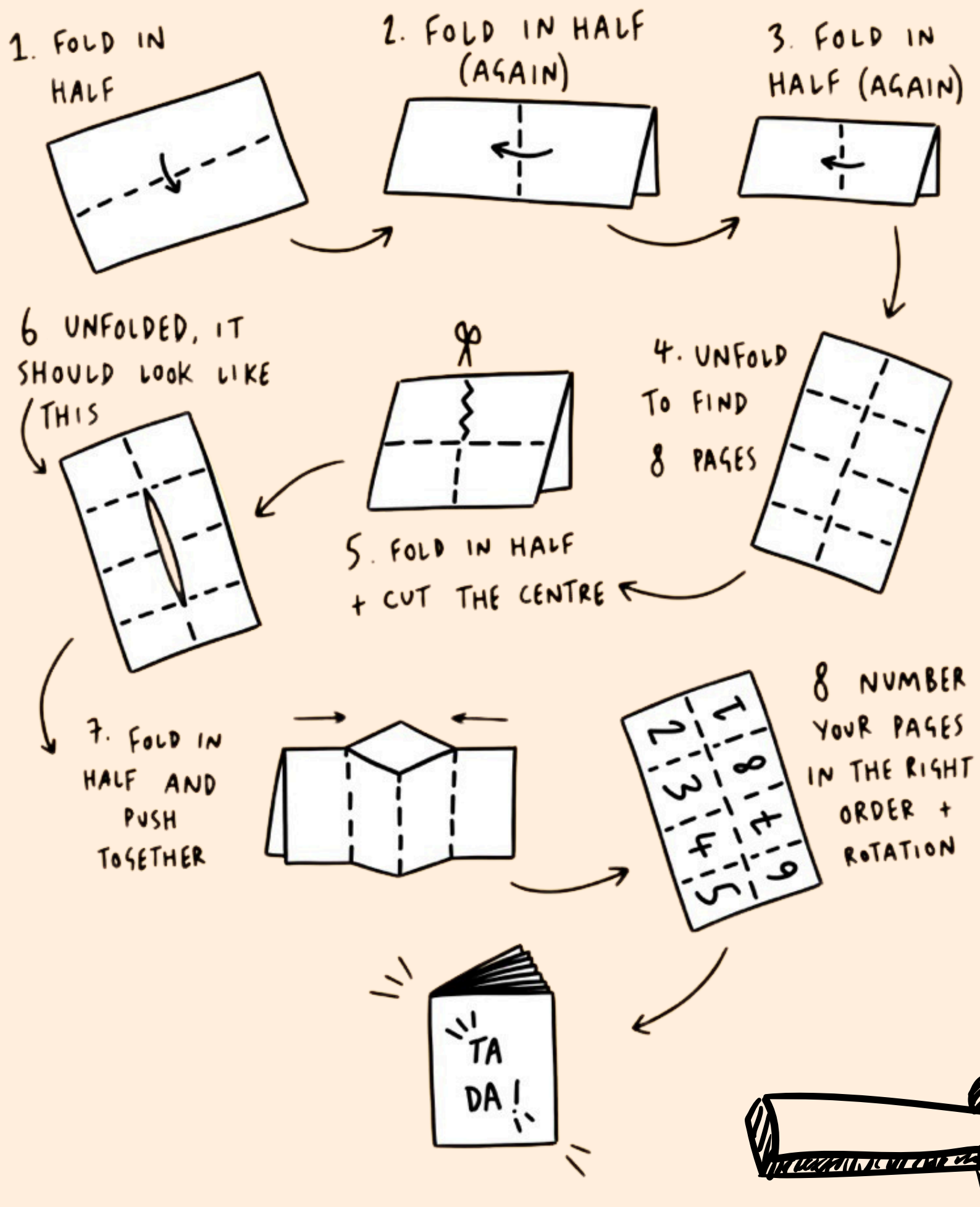
- Canva is an easy drag-and-drop tool for layout
- The platform is loaded with a wide range of fonts, design elements, and stock photos you can use
- Use templates to get started quickly
- Can download PDFs for print or web
- Printers can fold and staple your zines upon request

HANDMADE ZINES

Get hands-on with print-outs, drawn text, typewriters, magazine clips, scissors, glue and photocopiers!



HOW TO MAKE A ZINE



TIPS FOR MAKING EFFECTIVE ZINES

Keep text short & visuals strong

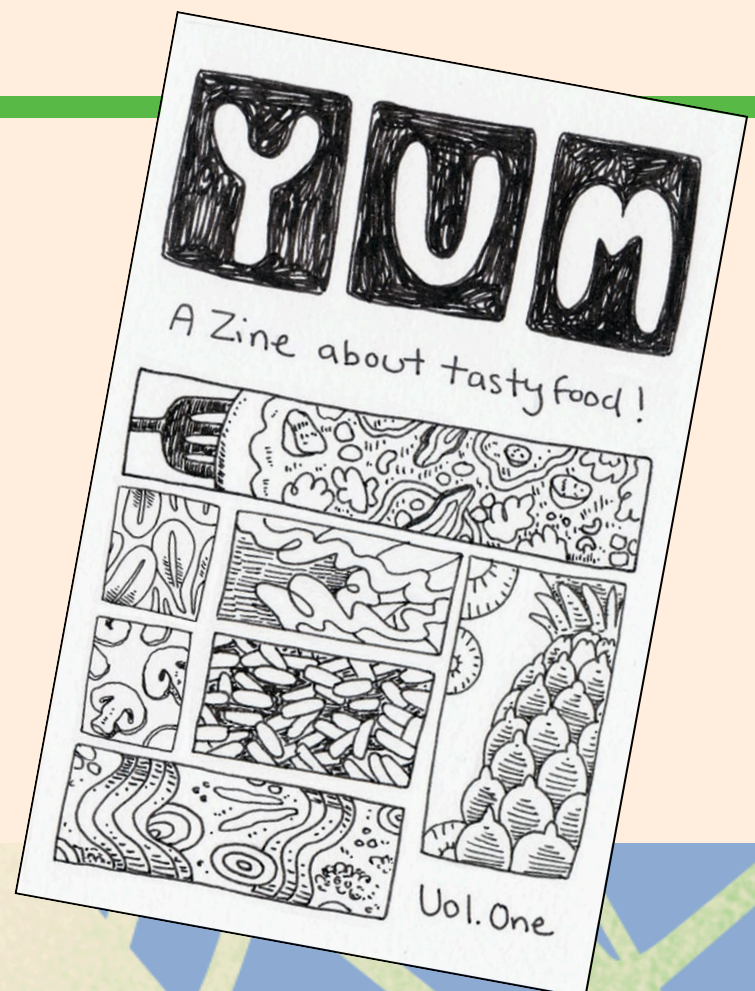
Mix personal voice with facts or resources

Think about your audience—is it other students? Community orgs?

Include contact info, QR codes for or further reading

$\frac{1}{4}$ page is generally a great pocket-sized zine, 8, 16, or 24 pages to reduce paper waste

$\frac{1}{2}$ page is easier to assemble, good for more content per page





CHECK OUT OUR ZINES!

- **Free zine downloads on our website**
- **Campus Cookbooks Collection**



GOT AN IDEA?

CREATOR MICRO GRANTS

**SUBMIT YOUR PROJECT,
AMPLIFY YOUR IMPACT!**

**CAMPUS
FOOD SYSTEMS
MEDIA PROJECTS**

What could I create?

- **Printed Zines**
- **Articles**
- **Physical Art**
- **Digital Art**

WE PROVIDE:

- ☒ **Funding for your materials**
- ☒ **Support for research**
- ☒ **Design assistance**
- ☒ **Office & meeting space**

**MESSAGE US OR EMAIL US
FOR MORE INFO!**

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