



DOUGH

Department of Organized
Uprising for Greater Humanity

Like good sourdough, democracy requires daily tending.

Who We Are:

An open grassroots project started to strengthen community and civic engagement through face-to-face conversations in a time of polarizing digital isolation.

There is no single solution, but together, we make lasting change.

We Provide:

- Free educational materials that cut through media bubbles
- Action plans to promote community and a thriving democracy
- Community action through our "Kitchens for Democracy" guide

Get Involved:

- Distribute DOUGH materials to new locations and people
- Download and print our free resources for your community
- Host a "Kitchen for Democracy" potluck using our guide

Organize and Rise!

WEBSITE



deptofdough.org

Email: rise@deptofdough.org

Bluesky: [@deptofdough.bsky.social](https://bsky.app/profile/deptofdough.bsky.social)

Instagram: [@deptofdough](https://www.instagram.com/deptofdough)



DOUGH

Department of Organized
Uprising for Greater Humanity

Like good sourdough, democracy requires daily tending.

Who We Are:

An open grassroots project started to strengthen community and civic engagement through face-to-face conversations in a time of polarizing digital isolation.

There is no single solution, but together, we make lasting change.

We Provide:

- Free educational materials that cut through media bubbles
- Action plans to promote community and a thriving democracy
- Community action through our "Kitchens for Democracy" guide

Get Involved:

- Distribute DOUGH materials to new locations and people
- Download and print our free resources for your community
- Host a "Kitchen for Democracy" potluck using our guide

Organize and Rise!

WEBSITE



deptofdough.org

Email: rise@deptofdough.org

Bluesky: [@deptofdough.bsky.social](https://bsky.app/profile/deptofdough.bsky.social)

Instagram: [@deptofdough](https://www.instagram.com/deptofdough)

What can I do?

The most important act: reinforce your moral resolve

Feeling overwhelmed? Not sure what to do? Practice one of these!
Every action counts, no matter how small.

Personal Growth

- Address one cognitive bias each week through daily practice
- Recognize that you are part of the solution to all things
- Spend 5 minutes daily envisioning a better version of yourself
- Don't let ideas vanish: seize and implement them
- Envision your ideal government and be its ideal citizen

Personal Actions

- Commit to the general strike - generalstrikeus.com/strikecard
- Stay accountable: share your plan of action with others you trust
- Boycott fascist companies—use their “anti-woke” app: publicsquare.com
- Protest persistently. Every interaction is an opportunity change
- Truly listen to one person that holds a different belief
- Don't normalize injustice; establish if/then scenarios and commit to action

Public

- Learn how we won our rights - abolition, suffrage, labor, civil rights
- Host civil rights and WWII film screenings with discussions afterward
- Host a small skill share (cooking tips, changing oil filters, basic repair)
- Join or start a activism-focused book or writing club
- Prepare - build both self-resilience and mutual support
- Find one organization near you this week and get directly involved.

What can I do?

The most important act: reinforce your moral resolve

Feeling overwhelmed? Not sure what to do? Practice one of these!
Every action counts, no matter how small.

Personal Growth

- Address one cognitive bias each week through daily practice
- Recognize that you are part of the solution to all things
- Spend 5 minutes daily envisioning a better version of yourself
- Don't let ideas vanish: seize and implement them
- Envision your ideal government and be its ideal citizen

Personal Actions

- Commit to the general strike - generalstrikeus.com/strikecard
- Stay accountable: share your plan of action with others you trust
- Boycott fascist companies—use their “anti-woke” app: publicsquare.com
- Protest persistently. Every interaction is an opportunity change
- Truly listen to one person that holds a different belief
- Don't normalize injustice; establish if/then scenarios and commit to action

Public

- Learn how we won our rights - abolition, suffrage, labor, civil rights
- Host civil rights and WWII film screenings with discussions afterward
- Host a small skill share (cooking tips, changing oil filters, basic repair)
- Join or start a activism-focused book or writing club
- Prepare - build both self-resilience and mutual support
- Find one organization near you this week and get directly involved.