

# Creating Self-Reliant Communities in a Global Age

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## Chapter 1: The Importance of Self-Reliance

In an increasingly interconnected and globalized world, it is more important than ever to create self-reliant communities. Self-reliance means being able to meet your own needs, without relying on outside help. This includes being able to provide for your own food, water, energy, and shelter. It also means being able to protect yourself and your community from disasters.



### Going Local: Creating Self-Reliant Communities in a Global Age by Terry Golway

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There are many benefits to creating self-reliant communities. First, it makes communities more resilient to shocks, such as natural disasters or economic downturns. When communities are self-reliant, they are less likely to be affected by these shocks, and they are better able to recover quickly.

Second, self-reliance can help to reduce poverty and inequality. When communities are able to meet their own needs, they are less likely to rely on government assistance or charity. This can help to reduce poverty and inequality, and it can also make communities more self-sufficient.

Third, self-reliance can help to protect the environment. When communities are able to produce their own food and energy, they are less likely to rely on fossil fuels or other harmful resources. This can help to reduce pollution and climate change, and it can also make communities more sustainable.

## **Chapter 2: Food Security**

One of the most important aspects of self-reliance is food security. Food security means having access to enough food to meet your needs, both in terms of quantity and quality. There are many ways to achieve food security, including growing your own food, raising your own animals, or buying food from local farmers.

Growing your own food is a great way to ensure that you have access to fresh, healthy food. It can also be a fun and rewarding experience. There

are many resources available to help you get started, such as books, websites, and gardening classes.

Raising your own animals is another great way to ensure that you have access to high-quality food. Animals can provide you with meat, milk, eggs, and other products. They can also be used to help you manage your land and provide you with companionship.

Buying food from local farmers is a great way to support your community and ensure that you have access to fresh, seasonal food. Many farmers offer CSA programs, which allow you to buy a share of their harvest each week. This is a great way to get a variety of fresh produce at a reasonable price.

### **Chapter 3: Energy Independence**

Another important aspect of self-reliance is energy independence. Energy independence means being able to meet your own energy needs, without relying on outside sources. There are many ways to achieve energy independence, including using renewable energy sources, such as solar and wind power, or reducing your energy consumption.

Using renewable energy sources is a great way to reduce your reliance on fossil fuels and protect the environment. Solar and wind power are becoming increasingly affordable, and they can be used to generate electricity, heat water, and even power your home. There are many resources available to help you get started with renewable energy, such as books, websites, and government programs.

Reducing your energy consumption is another great way to achieve energy independence. There are many ways to reduce your energy consumption, such as weatherizing your home, using energy-efficient appliances, and driving less. Simple changes, such as turning off lights when you leave a room or unplugging electronics when you're not using them, can make a big difference.

## Chapter 4: Water Security

Water security is another essential aspect of self-reliance. Water security means having access to enough clean water to meet your needs, both in terms of quantity and quality. There are many ways to achieve water security, including collecting rainwater, drilling a well, or building a cistern.

Collecting rainwater is a great way to reduce your reliance on



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