



The Maine Conscious Consumer

Samantha Ricker

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Do you want to keep your carbon footprint small? Do you want your food dollars to go to those who produce your food? Do you want to have your money stay in your local economy? If so, you have chosen the right guide to become a conscious consumer. This book contains the who, what, why and how to purchase and use foodstuff and other consumables carefully but rationally in an increasingly complex world. It helps examine why buying local matters. It demonstrates how shifting our consumer habits away from supporting mega retailers and a global marketplace, and toward small businesses and our local marketplace we can both boost our own economy and help slow global climate change. The Maine Conscious Consumer provides guidance to those who shop locally. It tells why it is important and gives a simple 12-step program to local living. It lists organizations and programs that can help along the way. A full Maine local foods directory is included that supplies the reader with all the resources needed to eat locally in Maine. About the Author: Samatha Ricker an earth-loving, food consuming, used-clothes wearing, hula hooping mother and local living enthusiast. She lives what she writes and speaks. She uses two Community Supported Agriculture (CSA) shares, is an active member of the local Freecycle.org group, serves as the assistant to the Bath Main Street group and consults with land trusts and other organization working on stainability. Samantha RickerGoad earned a Master's Degree in Sustainable Business and Communities from Goddard College in Vermont. She has learned to stand up for what she believes, strike forward in a mission, and wrap her arms gently, but firmly around her loved ones as she leaps forward into every day.

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