

I'm taking the Pledge!

Name _____
Address _____
Email _____
Phone _____

I will be taking the pledge for

- 1 meal
- 1 day
- 1 week
- the entire month of August
_____ other

Local and Organic – Better Together

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Local and Organic – Better Together

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Every purchase of local Maine organic products –

- brings delicious food to your table
- supports Maine farmers
- protects the environment
- avoids toxic chemicals
- ensures GMO-free

**I'm taking the pledge
to buy local and organic!**

www.MOFGA.org/Pledge



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MOFGA

P.O. Box 170

Unity, Maine 04988

MOFGA

P.O. Box 170

Unity, Maine 04988

The Details

- Those who garden or homestead organically pledge to eat the crops produced at home.
- Those who purchase products pledge to purchase options that are local and organic. If the product is not available in a local organic form, but there is a reasonable substitute (for example maple syrup as a substitute for honey) or it's produced sustainably locally then pledge takers may purchase those items. Many items that are not available locally, such as coffee or spices, may be certified organic by MOFGA and pledge takers can use all MOFGA-certified organic products. There may be a few items that are not available organically or locally and we encourage pledge takers to learn as much about the product as possible to make an informed purchase that's in the spirit of the pledge.
- Seafood is an important part of many diets, and we want to support our local sustainable fishermen. Pledge takers use the seven principles for choosing seafood developed by the Northwest Atlantic Marine Alliance.
- Products that have been legally and sustainably harvested or hunted can be consumed during the challenge period.

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