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October 18, 2021

WINTHROP, MAINE – In recognition of World Food Day this past Saturday, [Right to Food for Maine](https://righttofoodformaine.org/) is pleased to announce a chorus of women’s voices from around the state who will **Vote YES on Question 3**.

“Decentralizing food production and decision-making creates a more secure food system. Right to Food shifts the levers of power in our food supply and policy from corporate control to individual agency. It secures legal standing and a greater voice for individual citizens to participate in the decision-making about our food and the relationships we have in our communities.” — Heather Retberg, Right to Food for Maine Principal Officer, Amendment Drafter, Farmer, Penobscot

“Small farmers and homesteaders across the state take wonderful care of their small flocks of ducks, geese, chickens, sheep or goats and to say otherwise is to slight these hardworking Maine people. Please join me and vote YES on Question 3 to protect our small food producers.” — Martha Spiess, Doctor of Veterinary Medicine, Freeport

“We are older seniors who credit our good health to diet. We think it is good for ourselves and our neighbors to guarantee through our constitution that we can continue to know and choose our food sources and support local agriculture. Please join us in voting YES on Question 3, the Right To Food amendment.” — Faith Garrod, Retired Teacher, Searsport

“So let us begin. It was once said of Maine that as Maine goes, so goes the nation. Our motto is “I Lead.” The nation is now looking for our leadership away from a corporate agriculture that is selling us shrink-wrapped factory meat and highly-processed, chemical-laden food-like substances into a time when we can all eat real food and recapture the true meaning of community, a time when we can feed ourselves and our neighbors unmediated by those who don’t know the difference between a Snowball and a sour milk chocolate cake.” — Bonnie Preston, Librarian, Blue Hill

“Food is love. Food is medicine. Food is life. Every human being has a right to thrive. Preserving our traditional foodways and regional food systems is essential to helping us to more effectively control our health and wellness. Right to Food ensures that regular families can grow, harvest and eat what they choose is best for them. This protects our right to truly nourishing food for generations to come.” — Cat Morrow, Mother, Homesteader, Slow Food Educator, Bangor

“Maine is charting a different course though. We can be an example to the nation in food freedom. We can stand up and secure hunting, fishing and raising livestock for future generations. We have a long history of living off the land, and now we have a chance to make that tradition part of our enumerated rights in our state constitution.” — [Jennifer Poirier](#), State Representative, Skowhegan

“I agree that all individuals have a natural, inherent and unalienable right to grow, raise, harvest, produce and consume the food of their own choosing for their own nourishment, sustenance, bodily health and well-being. It is a human right.” — Jacqui Deveneau, Political Organizer, Portland

“The ability for individuals and communities to feed ourselves is foundational to life. A right to food protects our health, nourishment, and our planet. This amendment will guide policymaking into the future so that we protect our freedom to grow food and engage in traditional methods of nourishing ourselves.” — Maggie O’Neil, State Representative, Saco

“Relocalizing our food system and building our communities is the greatest insurance policy we can have against disruptions of every kind. Be they economic, political, environmental or a global pandemic. Resilience is built into the DNA of the people of Maine this amendment allows us to manifest that resilience by taking back local control of our food system” — Betsy Garrod, Registered Nurse, Knox

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Right to Food. Right for ME. Vote YES on Question 3.