



FOR IMMEDIATE RELEASE

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WINTHROP, MAINE – [Right to Food for Maine](#) is pleased to announce that its principal officer and farmer Heather Retberg will be appearing on MPBN's Maine Calling at 11:00 am on October 20, 2021.

Retberg will be promoting **Vote YES on 3**, the ballot question that will enshrine a Right to Food into the Constitution of Maine. Her appearance is part of the ongoing educational effort to let the voters of Maine know why it is vital to get out to the polls and vote in favor of this referendum question on November 2.

Right to Food for Maine encourages all proponents to call in and voice their support for this once-in-a-lifetime opportunity to enshrine the Right to Food in our state Constitution. In this time of corporate control of our food system, the people of Maine need to speak with one voice and put power back in the hands of the people and protect and defend our right to nourish ourselves in self-determination and dignity.

You can also hear Retberg, along with Senator [Craig Hickman](#), tell listeners [Why Mainers should Vote Yes to Right to Food](#) in a podcast appearance from earlier this fall.

Please join the conversation on Wednesday morning and make your voice heard in support of this important issue. Participate by emailing talk@mainepublic.org, calling [1-800-399-3566](tel:1-800-399-3566) or tweeting [@mainecalling](https://twitter.com/mainecalling).

When Mainers **Vote YES on 3**, the following clear and straightforward language that affirms our right to feed ourselves in self-determination and dignity will be included in the Constitution of Maine's Declaration of Rights, becoming the first state in the nation to enumerate a Right to Food:

Section 25. Right to food. All individuals have a natural, inherent and unalienable right to food, including the right to save and exchange seeds and the right to grow, raise, harvest, produce and consume the food of their own choosing for their own nourishment, sustenance, bodily health and well-being, as long as an individual does not commit trespassing, theft, poaching or other abuses of private property rights, public lands or natural resources in the harvesting, production or acquisition of food.

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