Breaking the Chains Buying Guide

1 · Local Harvest
   www.localharvest.org
   The freshest, healthiest, most flavorful organic food is what’s grown closest to you. Use this website to find farmers’ markets, family farms, & other sources of sustainably grown food in your area, where you can buy produce, grass-fed meats, and many other goodies.

2 · Eat Well Guide
   www.eatwellguide.org
   The Eat Well Guide is a free directory of sustainably-raised meat, poultry, dairy and eggs from stores, farms and restaurants in your area.

3 · The SuperMarket Coop
   www.supermarketcoop.com
   The Rural Coalition’s SuperMarket Project is an ambitious, collaborative effort of rural, community-based agricultural cooperatives to employ technology in the preservation of their communities, cultures and farming professions.

4 · Certified Organic Food Directory
   www.naturalfoodnet.com/nfnportal/COFDSearch.aspx
   This on-line guide features comprehensive lists of certified growers, manufacturers, suppliers of machinery & materials, brokers, wholesalers and distributors, service and support companies and certifying agents.

5 · Independent Grocers Association (IGA)
   www.iga.com
   Find an independent grocer committed to community near you.

6 · Delocator.net
   Huge listing of local and non-corporate cafes in your neighborhood.

7 · Booksense.com
   Looking for a local & independent bookstore? Visit booksense.com for a great alternative that supports community-based bookstores when you don’t have one in your hometown! Their services include gift certificates good at over 1000 participating independent stores.

8 · American Specialty Toy Retailing Association
   www.astratoy.org
   The national trade association for independent toy stores and manufacturers of unique, creative, well-made toys. Use ASTRA’s toy store finder to locate a unique toy store near you.

9 · Clean Clothes Connection
   www.cleanclothesconnection.org/search.asp
   Looking for clean, organic and non-sweatshop clothing? The Clean Clothes Connection has a large database of both local retailers & web based companies.

10 · TransFair USA
     Certified Fair Trade Products
     www.transfairusa.org/do/whereToBuy
     TransFair USA has a searchable database to find a retailer that carries Fair Trade Certified products in your neighborhood.

11 · Greenpeople.org
     Greenpeople.org is the leading green directory of eco-friendly products & services. Buy Green, Sell Green, Be Green.

12 · Co-op America’s Green Pages
     www.greenpages.org
     The nation’s only directory of screened and approved green businesses.

With the ever increasing Wal-Martization of society, a rise in sweatshop labor, and the proliferation of “off shore” corporate organics, it can be hard to Break the Chains. Here are 12 organizations that can help. Visit their web sites, enter your zip code, and you’re on your way to finding Local, Organic, and Fair Made alternatives in your community.