

MY COMMUNITY PHONEBOOK

By Stephanie Lindhardt
Available for free at Feffylane.com

I believe in a future that is community oriented and free of corporate greed. One where we prioritize the health and well being of People and Planet for the betterment of all Life on Earth.

I believe this change is already in motion and that the 99% can quickly facilitate the change faster than ever imagined if we just organize ourselves and vehemently reject corporate expansion with mindful local exchanges. This phonebook is my contribution to the cause. Please feel free to make copies and share it with family and friends. I only ask that it remain a FREE resource that is never tainted by greed.



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SHOPPING LOCAL CREATES A CYCLE OF GROWTH THAT GENERATES A THRIVING, SELF-SUFFICIENT COMMUNITY WHERE MONEY & OPPORTUNITIES STAY CLOSE TO HOME. FOR EVERY DOLLAR SPENT, \$3 IS GENERATED IN LOCAL ECONOMIC BENEFIT. THIS MEANS MORE LOCAL JOBS AND A STRONGER, MORE CONNECTED COMMUNITY.



While it is imperative that we shop as locally possible because of the direct benefit it has on our local economic safety & security, it can be just as beneficial to support someone else's localized community, especially if it is Indigenous and/or small business owned & operated. **The goal here is to limit your spending at large corporations & to mindfully spend that money on your local community members & small businesses instead.**

Here are some general guidelines that will truly drive us towards a future that benefits our communities directly and the planet as a whole:

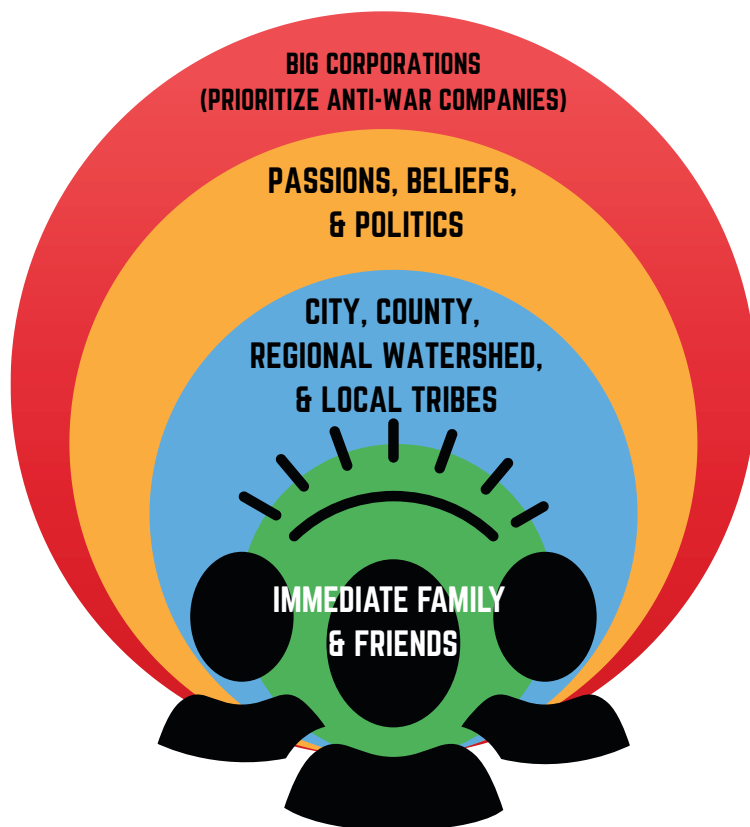
- **GATHER YOUR RESOURCES-** Use this book as a guide to vet local businesses and find your skilled community members. Be sure that they are locally owned & operated with no ties to giant corporations or hedge funds. Mega corporations require our direct spending to consolidate their power, control, and influence over our economies. ***The best tool we have to take our power back is to remove our spending from their products & services wherever possible.***
- **IF YOU WANT WORLD PEACE- SPEND LIKE IT!** Actively vet & remove your spending from all businesses and products that invest in global warfare and weapons manufacturing. This inherently removes most giant corporations, popular brand name products, and retail stores from being safe & ethical shopping options.
- **TRY TO SHOP WITHIN YOUR REGIONAL WATERSHED-** State boundaries don't matter. Sustainable food production, consumption, and water usage is beyond the scope of imaginary lines on a map. Your regional watershed is the heart and soul of true sustainability.

YOUR SPHERE OF INSPIRATION

Spending our dollars and exchanging skill sets as locally as possible begins with recognizing your sphere of inspiration and how that sphere directly contributes to your self sufficiency & well being. When assessing your needs and vetting who you give your time & money to keep the following in mind:

Your immediate family & friends is a great place to trade, barter, & learn from. This group of people is also who you should spend extra thought, time, and money to support back.

Your next tier of mindful spending & support should be within your local city, county, regional watershed, and local indigenous tribes. This should always be prioritized before supporting people & businesses who share your passions, beliefs, & politics. If you can find a local person or company within your region that shares your beliefs that's great! But our passions and beliefs tend to drive our spending so to prioritize shopping out of your watershed in favor of a person or business that supports your beliefs is backwards and counterproductive to the benefits that come from true local commerce. If you can't find what you need within the boundaries of your watershed, then it makes more sense to go ahead & jump straight to supporting a person or small business that aligns with your values and morals.



If there are no local small business options available and you have to resort to a Mega Corporation, because sometimes that's inevitable, you can still be intentional with your spending and vet for companies with clear ethics and morals surrounding people & planet. And for the sake of World Peace, ALWAYS try to shop at companies that don't contribute to the Industrial Military Complex.



TIPS FOR SUCCESSFUL TRADING & BARTERING

1. Know the Value of What You Have & What You Want

Research the fair market value of your item or service so you don't undervalue or overestimate it. Consider factors like rarity, condition, and demand.

2. Find the Right Trading Partner

Look for people who genuinely need what you're offering and have something you need in return. Online groups, local barter markets, and community boards can be great places to connect.

3. Negotiate with Win-Win in Mind

Aim for a trade that benefits both sides—compromise is key. Don't be afraid to sweeten the deal with additional small items or services to balance things out.

4. Be Honest & Clear About Terms

Clearly communicate the condition of your items or the scope of your service. If it's a service trade, define timelines and expectations in writing if necessary.

5. Think Beyond Physical Goods

Skills and services can be just as valuable as tangible items. Examples: Offer garden design in exchange for carpentry work, or trade homegrown produce for handmade crafts.

MY COMMUNITY PHONE BOOK

.....
TELEPHONE & ADDRESS BOOK SUPPORTING MY LOCAL COMMUNITY MEMBERS



LOCAL FARMS

LOCAL FARMERS MARKET DAYS

LOCATION 1. _____ DAY _____ TIME _____
LOCATION 2. _____ DAY _____ TIME _____
LOCATION 3. _____ DAY _____ TIME _____

U-PICK LOCATIONS

NAME: _____
ADDRESS: _____ SEASON: _____
PICKIN'S: _____

NAME: _____
ADDRESS: _____ SEASON: _____
PICKIN'S: _____

LOCAL FARMS

NAME: _____ LOCATION: _____
WEBSITE: _____ PHONE: _____
MARKET GOODS AVAILABLE: _____

NAME: _____ LOCATION: _____
WEBSITE: _____ PHONE: _____
MARKET GOODS AVAILABLE: _____

LOCAL FARMSTANDS

ADDRESS: _____
SOCIAL MEDIA: _____
PICKIN'S: _____

ADDRESS: _____
SOCIAL MEDIA: _____
PICKIN'S: _____

ADDRESS: _____
SOCIAL MEDIA: _____
PICKIN'S: _____

ADDRESS: _____
SOCIAL MEDIA: _____
PICKIN'S: _____

LOCAL FOOD (SMALL BUSINESSES WITHIN YOUR CITY)

LOCAL BAKERY

NAME: _____

SOCIAL MEDIA: _____

WEBSITE: _____

PHONE: _____

ADDRESS: _____

LOCAL BAKERY

NAME: _____

SOCIAL MEDIA: _____

WEBSITE: _____

PHONE: _____

ADDRESS: _____

LOCAL COFFEE

NAME: _____

SOCIAL MEDIA: _____

WEBSITE: _____

PHONE: _____

ADDRESS: _____

LOCAL CAFE

NAME: _____

SOCIAL MEDIA: _____

WEBSITE: _____

PHONE: _____

ADDRESS: _____

LOCAL GROCERY STORE

NAME: _____

WEBSITE: _____

PHONE: _____

ADDRESS: _____

LOCAL GROCERY STORE

NAME: _____

WEBSITE: _____

PHONE: _____

ADDRESS: _____

LOCAL HERB STORE

NAME: _____

SOCIAL MEDIA: _____

WEBSITE: _____

PHONE: _____

ADDRESS: _____

LOCAL MARKET

NAME: _____

SOCIAL MEDIA: _____

WEBSITE: _____

PHONE: _____

ADDRESS: _____

NON-CHAIN LOCAL RESTAURANTS TO SUPPORT

BREAKFAST SPOT

NAME: _____

WEBSITE: _____

ADDRESS: _____

LUNCH SPOT

NAME: _____

WEBSITE: _____

ADDRESS: _____

DINNER SPOT

NAME: _____

WEBSITE: _____

ADDRESS: _____

DESSERT SPOT

NAME: _____

WEBSITE: _____

ADDRESS: _____

LOCAL FOOD TO ACQUIRE WITHIN YOUR REGIONAL WATERSHED

Local food production is contingent upon available water and sustainable water usage. All sustainable food consumption begins with sourcing from within your own watershed. This supports the farmers in your area while simultaneously reducing our reliance on large corporations for our food supply chain.

REGIONAL WATERSHED: _____

LOCAL BUTCHER/MEAT

COMPANY: _____

SOCIAL MEDIA: _____

WEBSITE: _____

PHONE: _____

ADDRESS: _____

LOCAL BUTCHER/MEAT

COMPANY: _____

SOCIAL MEDIA: _____

WEBSITE: _____

PHONE: _____

ADDRESS: _____

LOCAL DAIRY

COMPANY: _____

SOCIAL MEDIA: _____

WEBSITE: _____

PHONE: _____

ADDRESS: _____

LOCAL CHEESE

COMPANY: _____

SOCIAL MEDIA: _____

WEBSITE: _____

PHONE: _____

ADDRESS: _____

LOCAL EGGS

NAME: _____

SOCIAL MEDIA: _____

PHONE: _____

ADDRESS: _____

LOCAL EGGS

NAME: _____

SOCIAL MEDIA: _____

PHONE: _____

ADDRESS: _____

LOCAL GRAINS/MILL

COMPANY: _____

SOCIAL MEDIA: _____

WEBSITE: _____

PHONE: _____

ADDRESS: _____

LOCAL HONEY/BEEKEEPER

COMPANY: _____

SOCIAL MEDIA: _____

WEBSITE: _____

PHONE: _____

ADDRESS: _____

LOCAL FOOD CO-OP

NAME: _____

PICKUP ADDRESS: _____

WEBSITE: _____

FEE: _____

NAME: _____

PICKUP ADDRESS: _____

WEBSITE: _____

FEE: _____

LOCAL SPRING WATER TAP LOCATION

LOCATION: _____

OTHER LOCAL FOOD PRODUCTS

PRODUCT: _____
COMPANY: _____
SOCIAL MEDIA: _____
WEBSITE: _____

PRODUCT: _____
COMPANY: _____
SOCIAL MEDIA: _____
WEBSITE: _____

LOCAL NATIVE FOOD PRODUCTS

Research your regional indigenous tribes & see if they produce any food or other products you can buy locally or online

PRODUCT: _____
TRIBE: _____
WEBSITE: _____

PRODUCT: _____
TRIBE: _____
WEBSITE: _____

PRODUCT: _____
TRIBE: _____
WEBSITE: _____

PRODUCT: _____
TRIBE: _____
WEBSITE: _____

● LOCAL GARDENER FRIENDS:

A friend with a garden that might want to trade, barter, or work share with you in exchange for occasional fresh garden goods

NAME: _____
PHONE NUMBER: _____
ADDRESS: _____

NAME: _____
PHONE NUMBER: _____
ADDRESS: _____

● LOCAL BAKER FRIENDS:

A friend that loves to cook or bake that might want to trade, barter, or work share with you in exchange for occasional fresh baked goods

NAME: _____
PHONE NUMBER: _____
ADDRESS: _____

NAME: _____
PHONE NUMBER: _____
ADDRESS: _____

● LOCAL FISHERMAN FRIENDS:

A friend that loves to fish that might want to trade, barter, or sell you fish in exchange for your skills, money, or assets.

NAME: _____
PHONE NUMBER: _____
ADDRESS: _____

NAME: _____
PHONE NUMBER: _____
ADDRESS: _____

LOCAL HUNTING REGULATIONS, DEADLINES, & ZONES OF USE

STATE HUNTING DIVISION WEBSITE- This is where you will ensure all local, State, & Federal laws are being followed:

NAME: _____

WEBSITE: _____

SEASONAL PERMIT DEADLINES & HUNTING DATES TO REMEMBER:

LOCAL HUNTING AREAS:

LOCATION: _____

LOCATION: _____

LOCATION: _____

LOCATION: _____

STATE FISHING DIVISION WEBSITE- This is where you will ensure all local, State, & Federal laws are being followed:

NAME: _____

WEBSITE: _____

LOCAL FISHING AREAS:

LOCATION: _____

LOCATION: _____

LOCATION: _____

LOCATION: _____

LOCAL HOMECARE

LOCAL SOAP

PRODUCT: _____
PRODUCER: _____
SOCIAL MEDIA: _____
WEBSITE: _____
PHONE NUMBER: _____

LOCAL CLEANING PRODUCTS

PRODUCT: _____
PRODUCER: _____
SOCIAL MEDIA: _____
WEBSITE: _____
PHONE NUMBER: _____

LOCAL PROFESSIONAL TRADESMEN

(TRY TO FIND INDEPENDENT CONTRACTORS OR SMALL LOCAL BUSINESSES)

LOCAL PLUMBER

NAME: _____
COMPANY: _____
WEBSITE: _____
PHONE NUMBER: _____

LOCAL ELECTRICIAN

NAME: _____
COMPANY: _____
WEBSITE: _____
PHONE NUMBER: _____

LOCAL MECHANIC

NAME: _____
COMPANY: _____
WEBSITE: _____
PHONE NUMBER: _____

LOCAL WELDER

NAME: _____
COMPANY: _____
WEBSITE: _____
PHONE NUMBER: _____

LOCAL CARPENTER

NAME: _____
COMPANY: _____
WEBSITE: _____
PHONE NUMBER: _____

LOCAL LANDSCAPER

NAME: _____
COMPANY: _____
WEBSITE: _____
PHONE NUMBER: _____

LOCAL BANKING

(TRY TO FIND A LOCAL CREDIT UNION INSTEAD OF COMMERCIAL BANKS AS THEY REINVEST IN LOCAL COMMUNITIES INSTEAD OF GENERATING PROFITS FOR EXTERNAL SHAREHOLDERS)

CREDIT UNION: _____
LOCATION: _____
WEBSITE: _____
PHONE NUMBER: _____

LOCAL SKILLED TRADES

FRIENDS, FAMILY, & SMALL BUSINESSES WITH SKILLS TO SHARE

LOCAL SEAMSTER/TAILOR

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

PHONE:_____

ADDRESS:_____

LOCAL FLORIST

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

PHONE:_____

ADDRESS:_____

LOCAL PHOTOGRAPHER

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

PHONE:_____

ADDRESS:_____

LOCAL HERBALIST

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

PHONE:_____

ADDRESS:_____

KNITTER/CROTCHETER

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

PHONE:_____

ADDRESS:_____

FIBER/YARN ARTIST

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

PHONE:_____

ADDRESS:_____

POTTER/CLAY ARTIST

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

PHONE:_____

ADDRESS:_____

JEWELER

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

PHONE:_____

ADDRESS:_____

HEALER

NAME:_____

HEALING MODALITY:_____

SOCIAL MEDIA:_____

WEBSITE:_____

PHONE:_____

ADDRESS:_____

HEALER

NAME:_____

HEALING MODALITY:_____

SOCIAL MEDIA:_____

WEBSITE:_____

PHONE:_____

ADDRESS:_____

LOCAL MATERIAL RESOURCES

LOCAL NURSERIES

COMPANY:_____

COMPANY:_____

LOCATION:_____

LOCATION:_____

WEBSITE:_____

WEBSITE:_____

PHONE NUMBER:_____

PHONE NUMBER:_____

ETHICAL SEED COMPANIES (TRY TO SOURCE SEEDS FROM YOUR REGIONAL WATERSHED)

COMPANY:_____

COMPANY:_____

SOCIAL MEDIA:_____

SOCIAL MEDIA:_____

WEBSITE:_____

WEBSITE:_____

COMPANY:_____

COMPANY:_____

SOCIAL MEDIA:_____

SOCIAL MEDIA:_____

WEBSITE:_____

WEBSITE:_____

LOCAL LANDFILL

COMPANY:_____

COMPANY:_____

LOCATION:_____

LOCATION:_____

WEBSITE:_____

WEBSITE:_____

PHONE NUMBER:_____

PHONE NUMBER:_____

LOCAL MANURE

COMPANY:_____

COMPANY:_____

LOCATION:_____

LOCATION:_____

WEBSITE:_____

WEBSITE:_____

PHONE NUMBER:_____

PHONE NUMBER:_____

LOCAL COMPOST

LOCAL ARBORIST/WOODCHIP DROPS

LOCAL LUMBER YARD

COMPANY:_____

COMPANY:_____

LOCATION:_____

LOCATION:_____

WEBSITE:_____

WEBSITE:_____

PHONE NUMBER:_____

PHONE NUMBER:_____

LOCAL QUARRY

COMPANY:_____

COMPANY:_____

LOCATION:_____

LOCATION:_____

WEBSITE:_____

WEBSITE:_____

PHONE NUMBER:_____

PHONE NUMBER:_____

LOCAL HARDWARE STORE

LOCAL ARTISTS

THE ARTS ARE IMPERATIVE TO A HEALTHY COMMUNITY. DISCOVER & SUPPORT SOME OF YOUR LOCAL ARTISTS

LOCAL ARTIST

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

LOCAL MUSICIAN

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

LOCAL BAND

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

LOCAL ARTISAN

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

LOCAL ARTIST

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

LOCAL MUSICIAN

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

LOCAL BAND

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

LOCAL ARTISAN

NAME:_____

SOCIAL MEDIA:_____

WEBSITE:_____

LOCAL ART & MUSIC FESTIVALS

TITLE:_____

DATES:_____

LOCATION:_____

TITLE:_____

DATES:_____

LOCATION:_____

TITLE:_____

DATES:_____

LOCATION:_____

LOCAL POWWOWS

RESEARCH YOUR LOCAL TRIBES AND DISCOVER WHEN THEIR LOCAL POWWOWS ARE. POWWOWS ARE AN ANCIENT & BEAUTIFUL WAY TO GATHER & CELEBRATE COMMUNITY. BE SURE TO RESPECT THEIR CULTURE, TRADITIONS, & LAND

TRIBE: _____

POWOW: _____

DATES: _____

LOCATION: _____

TRIBE: _____

POWOW: _____

DATES: _____

LOCATION: _____

ANNUAL COMMUNITY EVENTS

ANNUAL COMMUNITY EVENTS ARE A GREAT PLACE TO EXPLORE LOCAL VENDORS, ARTISANS, AND FOOD. EXAMPLES INCLUDE: COUNTY FAIRS, CITY FAIRS, RENAISSANCE FAIRS, RODEOS, RACES, RENDEZVOUS, ROCK SHOWS, GUN SHOWS, ARTS & CRAFTS EXHIBITIONS, TOURING ORCHESTRAS & SYMPHONIES, THEATRICAL EVENTS, SEASONAL & HOLIDAY EVENTS, ANNUAL OR SEASONAL EDUCATIONAL WORKSHOPS, ETC.

EVENT: _____

DATES: _____

LOCATION: _____

EVENT: _____

DATES: _____

LOCATION: _____

EVENT: _____

DATES: _____

LOCATION: _____

LOCAL COMMUNITY CENTER

NAME: _____

LOCATION: _____

AMMENITIES: _____

PHONE: _____ COST: _____

WEBSITE: _____ SOCIAL MEDIA: _____

LOCAL LIBRARY

LOCAL LIBRARIES OFFER AN ARRAY OF FREE SERVICES OFTEN INCLUDING THINGS LIKE CRAFTING EQUIPMENT, FREE STREAMING SERVICES, TOOLS, GAMES, & SOMETIMES EVEN SEEDS. BE SURE TO RESEARCH THE MANY SERVICES YOUR LOCAL LIBRARY OFFERS!

NAME:_____

ADDRESS:_____

WEBSITE:_____

PHONE NUMBER:_____

LIBRARY CARD NUMBER:_____

LOCAL THRIFT STORES

REUSE, RECYCLE, REPURPOSE, REGIFT, & RESTORE! FIND SOME LOCAL THRIFT STORES THAT DIRECTLY BENEFIT YOUR LOCAL COMMUNITY & THAT AREN'T GIVING THEIR CEO'S EXORBITANT SALARIES LIKE GOODWILL DOES.

NON PROFIT NAME:_____

ADDRESS:_____

SUPPORTIVE CAUSE:_____

NON PROFIT NAME:_____

ADDRESS:_____

SUPPORTIVE CAUSE:_____

NON PROFIT NAME:_____

ADDRESS:_____

SUPPORTIVE CAUSE:_____

LOCAL NON PROFITS TO SUPPORT

NON PROFIT NAME:_____

SUPPORTIVE CAUSE:_____

WEBSITE:_____

SOCIAL MEDIA:_____

NON PROFIT NAME:_____

SUPPORTIVE CAUSE:_____

WEBSITE:_____

SOCIAL MEDIA:_____

CONSCIOUS MEDIA CONSUMPTION

@turnoffthepigot is a great resource to find ethical businesses that aren't owned by billionaires or hedge funds. She goes category by category for all your needs including music, books, tech, household items, amazon, and much more.

ETHICAL MUSIC APPS:

ETHICAL STREAMING APPS:

ETHICAL ALTERNATIVES TO GOOGLE:

ETHICAL ALTERNATIVES TO AMAZON:

FAVORITE ONLINE SMALL BUSINESSES TO SUPPORT

NAME:_____
WEBSITE:_____
SOCIAL MEDIA:_____

NAME:_____
WEBSITE:_____
SOCIAL MEDIA:_____

NAME:_____
WEBSITE:_____
SOCIAL MEDIA:_____

NAME:_____
WEBSITE:_____
SOCIAL MEDIA:_____