

There is so much to take into consideration each time I make a purchase. Is it local? Green? Socially just? Renewable? Non-toxic? Biodegradable? All of the above? In fact with this list, it seems a daunting task. And then some say that global warming isn't real so we don't need to make any of these considerations. Let's just forget the temperature for a moment and consider breathable air, drinkable water, sustainable energy, arable land, livable wages, and so on...for years to come.

Maybe we can find inspiration in the First Nations idea that we must consider the next seven generations' interests when making decisions. It is about more than global warming and our purchasing decisions make a difference.

Food seems to be the easiest out of everything I purchase and we buy a lot of food, with kids sprouting up all over the place. The majority of the food we buy is local, green (and orange and yellow...), non-toxic and so forth. For about four or five months every year, the farmers come to me every Sunday with the cream of the crop and make my food shopping very easy. During the winter, it becomes more challenging but there are grocery delivery companies that can focus on local diets if you are dedicated to eating locally all year.

What if I want to buy some coffee? I have seen 'local' coffee, but we all know that this is not exactly true. The coffee is shipped here and then roasted locally before it is sold. I am no coffee drinker, but I have good friends who aren't about to give up their morning cup of Joe. So if local isn't an option, then what? I hear that coffee is for the [birds](#) so I'm thinking social justice and animal welfare would be my main concerns if I were buying coffee.

Then there is the soap, shampoo and all the other 8 to 10 personal care products that we use on average everyday. Purchasing non-toxic products is most important to me if I am slathering this stuff on my body daily. I have found some good local businesses that make toxin free products that work well and that I can afford. Not all of the ingredients are local but my family is healthier for using these products as is the land and water, so I'll go with non-toxic for these products.

What about flooring? Something we don't buy everyday. There's cork, bamboo, hardwood – local or exotic – carpet, linoleum and the list goes on. I would want to pick a product that I could afford, would last a long time, was as natural as possible, and wouldn't sit in a landfill for thousands of years leaching chemicals into the ground when I was done with it. So, taking the time to do research and talking to different companies before making a decision would be wise.

In the end, each purchasing decision we make is going to be different. What we are buying, our individual values, and our budget will each play a role in our final decision. No matter what you are buying, ask questions and get the information you need to make decisions that you and your great, great, great, great, great grandchildren can live with.