



# Liz Ramsey

## 2021 Board Candidate Bio

My name is Liz Ramsey and I use she/her/they pronouns. I grew up in Michigan on the south-eastern shore of Lake Michigan. I moved to Quincy, and became a member of the Co-op, in August 2017 to attend Feather River College. In May 2020, I received an A.S. in Environmental Studies and a Certification of Specialization in Biological Sciences & Economics. I am currently enrolled virtually at Humboldt State University where I am pursuing a B.S. in Environmental Studies with an emphasis in Ecology & Conservation and also in Media Production. Currently, I work at Plumas Audubon Society where I am the Office Manager and work as a Biological Field Technician in the summer months. I love what I do because the projects I work on make a difference in the natural ecosystems that surround the people and places that I love.

At FRC, I took 3 classes in the Ecological Farming Certificate program. I also worked at the University of Earth's Medicinal Foods Garden in 2019. Both of which, have sparked my interest in creating a more sustainable and equitable food system in my community. I think it's important to improve food accessibility on a local level, and that access to safe-to-eat and nutritious food is a human right. I think being a part of the QNFC board is being a part of a movement towards making nutritious food more accessible, building strong relationships within and throughout the community, promoting healthy choices, advocating for sustainable farming practices, supporting local businesses and farmers, promoting appreciation of pollinators, and so much more. That is why I would like to be a part of that movement.

Quincy Natural Foods & Feather River Food Co-ops Board of Directors Contact: [QNFCBoard@qnf.coop](mailto:QNFCBoard@qnf.coop)