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Labor Donated / Revised May 2018

**Did You Eat Today?  
Thank a Farm Worker!**

**Farm Worker Friendly Shopping Guide**

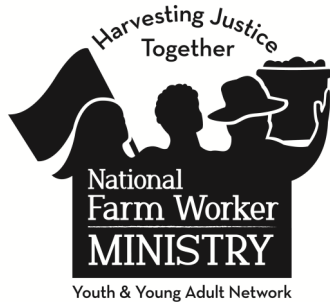
When you are shopping, please help farm workers by looking for agricultural products produced under farm worker union contracts or agreements.

For further information & product updates please contact: **National Farm Worker Ministry**  
P.O. Box 10645, Raleigh, NC 27605  
919-807-8707 [nfwm@nfwm.org](mailto:nfwm@nfwm.org)

Please **BOYCOTT:**  
**Wendy's (CIW)**

**Reynolds American Inc VUSE E-cigarette (FLOC)**

THANK YOU for SUPPORTING DIGNITY, A VOICE IN THE WORKPLACE & BETTER CONDITIONS FOR THE PEOPLE WHOSE LABOR FEEDS US!



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**Please PURCHASE the following:**

**United Farm Workers (UFW)**

**Wine/Champagne**

Chateau St Michelle, Columbia Crest, St. Supery, Balleto, Dollarhide Ranch, Scheid Vineyards, Charles Krug, C.K. Mondavi, Gallo of Sonoma, Papagni Fruit Company

**Strawberries-** Swanton Berry, Dole\*

**Roses-** Star Roses

**Almonds** Montpelier

**Dates-** Patos Dream Date Gardens

**Mushrooms-** Monterey Mushrooms, Del Fresh

**Beets, Cilantro, Parsley, Kale, Leeks, Radishes -**

Muranaka Farms

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Muranaka Farms

**UFW Continued:**

**Broccoli, Cauliflower, Lettuce-** Amaral Ranches  
**Broccoli, Broccoli Rabe, Butter Lettuce, Cauliflower, Fennel, Green Leaf Lettuce, Iceberg, Mixed Green, Romaine Hearts, Romaine-** Andy Boy\*

**Tomatoes** Sunripe\*, Gargiulo\*

**Citrus** Big Jim\*, Sunkist\*, Airdrome\*

\*Not all products harvested by workers under UFW contract.

**Farm Labor Organizing Committee (FLOC)**

**Pickles:** Mt. Olive, Vlasic\*, Charles Jones Produce\*

\* OHIO only

**Familias Unidas por la Justicia (FUJ)**

Sakuma Bros. Farm Berries

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**Equitable Food Initiative Certification**

Look for EFI label on fresh fruits and vegetables at participating Costco Wholesale and Whole Foods Market locations.



**Coalition of Immokalee Workers' Fair Food Program**

Look for tomatoes with the Fair Food label at Whole Foods, Giant, Stop & Shop & other retailers.



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