

# Labor 411

www.Labor411.org

## Union Health

We know it's hard to keep one resolution going, but we're going to challenge you to take on two! Eating right is always a smart choice, but if you can buy union and eat right at the same time, you're definitely on your way to promoting some positive changes. We've put together a list of some of the great healthy, union-made products that are out there. See our full product listing for more! Go [here](#), scroll down and click on "Foods."

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Andy Boy Vegetables  
Blue Diamond Almonds  
California Mushroom Farms, Inc.  
Eurofresh Vegetables  
Fresh Express Salads  
Hidden Valley Salad Kits and Croutons  
Monterey Mushrooms  
Ocean Spray Cranberries  
Sunkist citrus fruit – Look for the UFW black eagle



Labor 411: Making it Easy to Buy Union!