



# UNION-MADE MEDITERRANEAN SHOPPING LIST

Few people think dieting is easy. But one of the most popular and effective diets is delicious and proven to be effective. The Mediterranean Diet is enjoyed by millions of people for its rich nutrition and low calories (if eaten in moderation). Below is a list of union-made brands that offer typical Mediterranean Diet staples, like yogurt, nuts, vegetables, and cheese. Now you can diet and support good union jobs!

## Labor 411

MAKING IT EASY TO SUPPORT GOOD JOBS  
LOS ANGELES | SAN FRANCISCO | WASHINGTON, D.C. | PHILADELPHIA | NEW YORK

*Happy eating from all of us at Labor 411*

### Eggs

Alta Dena (IBT)  
Eco (USW)  
Clover Sonoma (IBT)

### Meats

Butterball (UFCW, IBT)  
Empire Kosher (UFCW)  
Foster Farms (UFCW)  
Nature Raised Farms (UFCW)  
Rogers Poultry (UFCW)  
Smithfield (UFCW, IBT)  
Star Ranch Angus (UFCW)

Tyson (UFCW)  
Valley Fresh Chicken (UFCW, IBT)  
Zwiegle's Meats (UFCW)

### Yogurt

Danone's Yogurt (BCTGM)  
Dannon (IBT)  
Yoplait (IBT)

### Vegetables

Andy Boy (UFW)  
Birds Eye Vegetables (UFCW, IBT)  
Dole (IBT, UFCW)

Fresh Express Salads (IBT)  
Healthy Choices (UFCW)  
Monterey Mushrooms (UFW, IBT)  
Ore-Ida (IBT, UFCW)  
Overhill Farms (UFCW)  
Sunripe Brands Tomatoes (UFW, IBT)

### Cheese

Cracker Barrel (UFCW)  
Kraft (IBT, UFCW)

### Nuts

Planters (IBT, UFCW)

### Union Grocery Stores

Albertsons (UFCW)  
Giant Eagle (UFCW)  
Kroger's (UFCW)  
Ralph's (UFCW)  
Shoprite (UFCW)  
Tops (UFCW)

### Wine

C.K. Mondavi (UFW)  
Chateau Ste. Michelle (UFW)  
Gallo of Sonoma (UFW, IBT)  
Turning Leaf (IBT)

Find more union-made products at [www.Labor411.org](http://www.Labor411.org)