

## Buy American Mention of the Week

All-American food and beverage

By Roger Simmermaker

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There's a lot of talk these days about how America should not be dependent on foreign oil, but what about independence from other items like the food we eat and the beverages we drink? Isn't that just as important, if not more so because we want to ensure our food products are safe to consume? As we import more of our food products from other countries, we want to be confident that they are produced with the same level of safety as food in the United States, but this is not always the case. If we can find domestic sources for our food, then we have one less thing to worry about when it comes to our health.

When is the last time you went to the store and bought a can or package of truly American tuna? It seems that the tuna found in grocery stores is often caught off the coast of Thailand or some other distant country. Also, you may have a concern that tuna contains very high levels of mercury. This leaves tuna lovers everywhere forced to consume tuna in moderate amounts, at most.

Well, here's some good news for all of us who have been avoiding tuna when we would rather be enjoying it. There is an American source for tuna. More good news? This American source also puts to rest any health concerns that you might have.

The company is simply, and appropriately, called American Tuna ([www.americantuna.com](http://www.americantuna.com)). And in this more domestic-friendly, health-conscious consumer environment, it is finally getting the recognition it deserves.

American Tuna's albacore is caught, canned, and distributed by American fishermen off the North Pacific coast, and the company is comprised of six fishing families from San Diego, California. Its pole caught, small albacore tuna is hand-filleted and hand-packed in BPA-free cans. Once in the can, American Tuna steam-cooks the tuna with no added water, oil, soy, or fillers of any kind. Simply stated, American Tuna is the best canned tuna you'll ever eat.

So what steps can we as consumers take to ensure that foods like canned fruits and vegetables and beverages like apple juice comes from U.S. sources? A perfect place to start would be to pay a visit to [www.usgrown.com](http://www.usgrown.com). The mission of American-owned U.S. Grown is quite simple. It is to show consumers that they have a choice to purchase food products grown in the United States.

What is evident from the statement on its patriotic-style labels is that U.S. Grown believes that to in order to survive, a nation must feed itself. It is devoted to reviving and preserving U.S. agriculture through a campaign focused on food labeling. Its desire is to make consumer selection easier by giving consumers the ability to choose 100 percent U.S.-grown products.

More than half of all apple juice imported into the United States now comes from China. That's up from a mere 1 percent a decade ago.

At [www.usgrown.com](http://www.usgrown.com), you'll see canned goods like U.S. grown peaches, pears, green beans, sliced carrots, sweet peas, whole kernel corn, and mixed vegetables. You can also buy premium apple juice, from U.S. grown apples, from U.S. Grown.

If we truly want homegrown food products, we need to ask for them from America's retailers. Only then will they see the benefits in stocking their retail store shelves with domestically grown food. Ask your local food store to carry U.S. Grown products today!

USA Coffee Company was established with the goal in mind to roast only coffee grown in the USA instead of importing coffee beans like other coffee companies do that merely roast them here. Only 1 percent of the world's coffee is grown in Hawaii, and anyone who isn't lucky enough to visit that beautiful state most likely doesn't know that some of the best coffee in the world is becoming a major crop on the Hawaiian Islands.

Consumers wanting truly American coffee, here is an alert for you: if you see a coffee label that says either Kona Blend or Hawaiian Blend, take note, because in most cases that coffee will consist of no more than 15 percent Hawaiian beans. USA Coffee Company beans, however, are 100 percent grown in Hawaii.

Only American workers and American jobs are involved when you buy any of the numerous kinds of coffee from the USA Coffee Company. So if you truly want American coffee from tree to cup, the best place to go is [www.usacoffeecompany.com](http://www.usacoffeecompany.com).

When considering your liquor options, you have a choice that you might not be aware of. It's also a great choice if you want to buy the best, buy American, and you want to stock vodka in your liquor cabinet, all at the same time. If this sounds like you, Tito's Handmade Vodka is an absolute necessity.

Tito's Handmade Vodka ([www.titosvodka.com](http://www.titosvodka.com)) is made entirely from corn (mostly from the American Midwest, but all American nonetheless) and is also completely gluten-free.

It's refreshing to know that there is a refreshing liquor that is proudly 100 percent American and is privately owned. According to the website, this is one company that has no plans to go public, which means that the ownership will remain in American hands. Fortunately, the hands of Tito's staff (upwards of 20 people) make the best handmade vodka around.

When Americans talk about their families, they're not always just talking about Mom, Dad, Junior, and Sis. Often they bring their pets into the conversation too. And giving their pets food that is safe and won't cause any long-term ill health effects is foremost on the minds of pet lovers. If you buy your doggie treats from a company called Kona's Chips, you'll never have to worry about whether it has healthy ingredients again. If you want an exceptional brand of dried chicken jerky treats for dogs, Kona's is the place to go.

The owners of Kona's Chips started the brand in 2007 after their beautiful black Pomeranian, Kona, became ill from eating dried chicken breasts that were imported from China. So they know how important it is to produce only wholesome and healthy treats for your dog. And at [www.konaschips.com](http://www.konaschips.com), they always seem to be expanding their selection of treats and toys too.

With great American companies like these, enjoying American food and drink for yourself and all the loved ones in your life (including pets) is better for your health and for the American economy all at the same time!

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