

Smithfield Farms, the largest pork producing farm in the USA was sold in September to China with the unanimous support of its stockholders. The hogs will still be raised here, but slaughtered and packaged for sale there before being sent back here. This includes labels: Morrell, Echrich, Krakus, Cudahy, Premium Hams, Cook's Gwaltney.

The same is true with chickens under these labels. They can now be shipped there, but when they come back all that needs to be on the label is that they ...WERE RAISED IN THE USA, Not that they were processed in China, our great FDA at work. The chickens under these labels will all be processed and most sold to fast food restaurants, schools and supermarkets. The China slaughter and processing requirements are, for the most part, unregulated and far inferior to requirements of the USA.

We recently learned that Starkist Tuna is now owned by Korea and is in conflict with the U.S. concerning quality, safety and records keeping, which Korea refuses to produce. Avoid Tilapia fish that comes from China. WATCH TILAPIA as the clerk@ the fish section spends time picking worms out of the fish, but heck more protein. The filthy conditions their foods are raised and processed in. Some foreign workers have to wear masks as they work in these places because the food is so rotten and filthy, it makes them want to throw up. Many of their fish on Fish Farms are fed raw sewage daily. They put some food coloring and some flavorings on it then they ship it to the USA & Canada for YOU to consume and feed to YOUR families and friends.

Imported food we eat is junk: Green Giant frozen vegetables are from China and so are most of Europe's Best. Arctic Gardens are Okay. So is Birdseye. Never but the grocery store garlic

unless it is clearly marked from USA or Canada the other stuff is grown is people's dung (even worse than chicken poop). China is the largest producer of garlic in the world; U.S. is next.

Buy only local honey, much honey is shipped in huge containers from China and packaged here.

Cold-FX is grown and packed in China and is full of fecal bacteria. Doesn't work anyway, it is a big scam.

If the country of origin on a product is not clearly marked "beware" if the product is produce ask an employee.

Watch out for packages which state "prepared for," "packed by" or "imported by" or "distributed by".

We advocate mandatory labeling, especially the produce. The country of origin should be clearly shown on the item in the store.

Go to the local farmers' markets in season for your produce and keep wary eye open the rest of the year.

Please read this very carefully and read to the very bottom. It's important for all of us.

The above facts indicate how is it possible to ship food from China cheaper than having it produced in the U.S. or Canada.

PLEASE NOTE—THE "OUR FAMILY" BRAND OF MANDARIN ORANGES SAYS RIGHT ON THE CAN "CHINA" SO FOR A FEW MORE CENTS, BUY THE LIBERTY BRAND. GOLD BRAND OR DOLE ARE FROM CALIFORNIA.

Beware, Costco sells canned peaches and pears in a plastic jar that come from China.

ALL "HIGHLINER" AND MOST OTHER FROZEN FISH PRODUCTS COME FROM CHINA OR INDONESIA. THE PACKAGE MAY SAY "PACIFIC SALMON" ON THE FRONT, BUT LOOK FOR THE SMALL PRINT. MOST OF THESE PRODUCTS COME FROM

FISH FARMS IN THE ORIENT WHERE THERE ARE NO REGULATIONS ON WHAT IS FED TO THESE FISH.

Recently The Montreal Gaxzette had an article buy the Canadian Government on how Chinese feed the fish: They suspend chicken wire crates over the fish ponds, and the fish feed on chicken dung. If you search the Internet about what the Chinese feed their fish, you'll be alarmed:e.g. growth hormones expired anti-biotic from humans. Never buy any type of fish or shellfish that comes from these countries: Vietnam, China, Philippines.

Check this out personally. Steinfeld's Picklesare produced in India-just as bad!

Another example is canned mushrooms. No-Name brand comes from Indonesia.

Also check those little fruit cups. They used to be made in Canada, in the Niagara region until about 2 years ago. They are now packaged in China. Most sold in Aldi stores.

While the Chinese export inferior and even toxic products, dangerous toys and goods to be sold in North America markets. The media wrings its hands! Yet, 70% of North Americans believe that the trading privileges afforded the Chinese should be suspended. Why do we need the government to suspend trading privileges?

THIS IS A YOURSELF PROJECT.

Simply look on the bottom of every product you buy and if it says "made in China or PRC" (and that now includes Hong Kong), simply choose another product or not at all. You will be amazed at how dependent you are on Chinese products and you will be equally amazed at what you can do without.

THINK ABOUT THIS: If 200 million North Americans refuse to buy just \$20 each of Chinese goods, that is a billion dollar trade imbalance resolved in our favor...fast! The downside? Some Canadian? American businesses will feel a temporary pinch from having foreign stockpiles of inventory. Just one month of trading losses will hit the Chinese for 8% of their North American exports. Then they will at least have to ask themselves if the benefits of the arrogance and lawlessness are worth it.

Share with your friends. Start reading labels more closely and buy something else even if it cost a few cents more....