Ah, the Christmas list. When I was a kid, my entire family would each individually hang his or her list on the refrigerator. I really can’t remember what was on mine—no doubt the latest fad—but I do remember what my dad had on his. As a joke, every year at the top of his list was a Learjet.

And while I can’t remember what I just couldn’t live without that long ago, I do know that most of my list came from things I saw on my American-made TV. And my list was hung on an American-made refrigerator. And my parents went shopping for things made in America in their American-made car. And even my dad’s dream gift was American-made—and union-made, to boot.

It seems like it’s getting harder and harder for anyone to find gifts that are made in America, let alone union-made. But they are out there if you take the time to look. So, in the spirit of helping you shop union this holiday season, I’ve made a list for all of us with the help of Label Letter from the Union Label & Service Trades Department, AFL-CIO, and UnionPlus.

Throwing a party at your house this holiday? Feel free to fire up your union-made Weber or Thermador grill. Throw some union-made Johnsonville brats on. Kick back and have a union-made Shock Top beer. Or maybe you should have had a union-made V8! While you’re waiting on the brats, have some union-made Chex Mix. Dessert? No problem. Have some union-made Breyers ice cream. Throw some union-made Cool Whip on top.

Or maybe you’re wondering what to serve Christmas Day. Poultry products made by union members include Butterball, Maple Leaf Farms, Tyson, Smithfield and Banquet. Ham products include Armour, Black Forest, Farmland, Kirkland and Boar’s Head, just to name a few. (For a complete list, go to unionplus.org.)

When you’re ready to do some shopping, get in your union-made car (you should already have one!) and head to Macy’s, if you can. Macy’s workers are represented by UFCW. Look for union-made products from Joseph Abboud, Southwick New England and Sterlingwear.

Need gifts for the home? Look for All-Clad, Anchor Hocking, Corelle Dishware, Cutco Cutlery, Electrolux vacuums, Fiestaeware, Libbey Glassware, Regalware or Pyrex—all union-made products.

Not sure what to get that distant cousin? How about a gift card from Albertsons, Fry’s, Giant, Kroger, Meijer, Safeway or Vons? They are all staffed by UFCW employees.

Have a student or teacher on your list? Look for Martin Weber or Roaring Spring Art Supplies, a Day-Timer Organizer or Roaring Spring Composition Books.

Maybe you’ve got a movie enthusiast to buy for? Most films involve union workers—just look for the union bug! But since you’re in a holiday rush, let me help you with a few recent movies that were scored by members of the American Federation of Musicians: “Despicable Me 2,” “The Heat,” “The Hangover Part III,” “The Lone Ranger,” “Identity Thief,” “Epic” and “Captain Phillips.” (Captain Phillips, by the way, was a union member! Nothing beats a union-made film about a union member.)

Maybe you’re going for more practical gifts this year. Appliances made by members of the IUE-CWA or UWA are top-load GE model washers; White-Westinghouse, Tappan, Gibson, Kelvinator or Frigidaire kitchen centers; and numerous GE dishwashers and refrigerators. (Check the Union Made website for model numbers.)

Rather shop from home? Get union-made clothing from All-American Clothing or Union House. These companies also advertise discounts for union members.

Don’t forget your family pets. Union-made products include Alpo, Chew-eez, Fancy Feast, Milk Bones, Purina, 9 Lives, Anchor, Sanderson Farms, Wayne Farms, Fresh Step, Nature’s Recipe, Snausages, Tidy Cat’s, Skippy, Beggin’ Strips, Friskies and Science Diet.

Now that you’re done with your shopping, crack open some union-made Gallo of Sonoma wine and relax. Maybe catch one of your favorite TV shows scored by members of the American Federation of Musicians like (knock, knock, knock) “The Big Bang Theory,” “Mike & Molly,” “Mad Men,” “The Voice,” “Scandal!” or, yes, even “The Walking Dead.”

So you see, having a union-made holiday really is possible. You just need to look. For more information on union-made products, check out the front page of the NALC website.

I want to wish everyone a very happy and safe holiday season. And I hope each of you gets everything on your list. No, Dad, you’re still not getting that Learjet.