

Food Passport

No. 001 • Banana

Bananas are one of America's favorite fruits — the average person eats about 10 pounds a year.



Where do you think this was grown?

Why there?

How is it used, and by whom?

GROWN

Bananas need a warm, humid tropical climate — the U.S. mainland can't grow them commercially, so nearly all bananas Americans eat are imported from Central and South America.

PROCESSED

Harvested green, then washed, sorted, and boxed at packing stations near the farms.

SHIPPED

By refrigerated cargo ship ("reefer" ship) from Central America to a U.S. port — commonly Gulf Coast ports like New Orleans or Gulfport — roughly 1,500–1,800 miles

SOLD

Grocery store produce section, year-round.



Food Passport

No. 002 • Chocolate (Cocoa)

Nearly all of the world's cocoa is grown by small family farms — often just a few acres each.



Where do you think this was grown?

Why there?

How is it used, and by whom?

GROWN

Because cocoa trees thrive only in tropical regions near the equator, most cocoa is grown in Africa and Central and South America rather than the U.S

PROCESSED

Pods are harvested by hand, cracked open, then the beans are fermented and dried right on the farm.

SHIPPED

Dried beans travel by cargo ship across the Atlantic — 5,000+ miles — to U.S. ports, then get processed into cocoa butter/liquor and made into chocolate (Pennsylvania and New Jersey are major U.S. chocolate-processing hubs).

SOLD

Candy aisle, baking aisle, chocolate bars and products.



Food Passport

No. 003 • Avocados

Americans buy so many avocados for game day that sales spike every year before the Super Bowl.



Where do you think this was grown?

Why there?

How is it used, and by whom?

GROWN

Although California produces 86% of U.S.-grown avocados, about 90% of the avocados Americans consume are imported, primarily from Mexico.

PROCESSED

Hand-picked, then washed, sorted, and boxed at packing houses near the orchards.

SHIPPED

Trucked north from Mexico across the border (commonly through Texas), then distributed by truck to warehouses and stores nationwide — often 1,000+ miles depending on the final destination.

SOLD

Produce section, guacamole, restaurants — demand spikes hard around the Superbowl and Cinco de Mayo.



Food Passport

No. 004 • Wheat

Wheat is milled into flour and used to make baked goods like bread.



Where do you think this was grown?

Why there?

How is it used, and by whom?

GROWN

Kansas sits in the heart of the Great Plains Wheat Belt, alongside Oklahoma, Texas, Nebraska, and Colorado, where ideal soil and climate support wheat production.

PROCESSED

Trucked to a local grain elevator, then to a flour mill (often in the same state or region), ground into flour, then shipped to a bakery.

SHIPPED

Usually just a few hundred miles or less, farm to mill to bakery to store — all within the U.S.

SOLD

Bread, flour, and other wheat products at the grocery store.

