



JUDAISM VALUES: Protecting Workers' Rights

There are 750,000 farm workers in the U.S. who dedicate their lives to planting and harvesting the foods we eat. Farm workers are frequently exploited, paid poorly and exposed to dangers on the job with little legal protection due to loopholes in labor laws. Cesar Chavez, the founder of United Farm Workers, said, *“The greatest irony is that the people who produce the food, can’t even afford the food for themselves.”*

“Farm workers do the hardest work (*avodah*). They deserve respect (*kavod*), dignity and a voice on the job.”

—Irv Hershenbaum,
United Farm Workers



The Jewish Federation
OF GREATER WASHINGTON



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How can you help stand up for farm workers' rights?



- 1. Learn.** Find out where and how the food you eat grows, and who grows it.
- 2. Explore.** Visit a local farm to get to know the farmers and better understand the complex process of growing food.
- 3. Take Action.** Ask your supermarket to supply foods grown by farm workers who are paid fair wages. Write them a letter, email or call the store manager.
- 4. Be a Wise Consumer.** Look for food items with a Fair Trade or *Tav Ha Yosher* (ethical) seal.



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