



Around 75 percent of the workers on our nation’s crop farms and orchards were born outside of the U.S., predominately in Mexico. These migrant and seasonal farmworkers work long hours, often outside under difficult conditions, for low wages. Like the many generations of immigrants from around the world who have come before them, they hope and dream of making enough money to feed and support themselves and their families, better their life circumstances, and ultimately save enough money to purchase land and homes in the U.S. or in their homelands. They make a vital contribution to the economy by helping U.S. farms to remain competitive in a global agricultural marketplace and helping retailers to keep food prices lower for U.S. consumers.

The challenges these workers face are significant. Many work for annual wages that are below the poverty level. They experience daunting language, transportation, and cultural barriers and have limited access to health care – despite working in environments that expose them to heightened health and safety risks. Their pride, perseverance and unwavering work ethic in the face of the many trials they endure are truly admirable.

Designed for providers, community groups, teachers and students, policy makers and funders, [Migrant Workers in the U.S.: Harvesting Food, Building Healthy Communities](#) seeks to provide a brief glimpse into the lives of some of the farmworkers in our nation’s heartland – to share their stories, in their own words, and in the words of those who provide services and support to them on their journey. While it’s impossible to capture the full breadth of their experience in a short time frame, we hope that seeing a few of the human faces behind the mountain of data and statistics will leave viewers with a better appreciation of the struggles and strengths of this amazing group of people.