

"Farmworkers from Uppland," Carl Wilehlmson. (Wikimedia Commons/Public domain)



by Brenna Davis

View Author Profile

Join the Conversation

Send your thoughts to *Letters to the Editor*. Learn more

March 28, 2020

Share on BlueskyShare on FacebookShare on TwitterEmail to a friendPrint

---

PAUSE

REFLECT

> "The people we expect to feed our families too often cannot feed their own."
>
> ...
>
> "As we honor first responders, health care workers, and others on the front-lines of the current crisis, let's not forget farmworkers. They are both among the most essential and vulnerable populations in this crisis."

Antonio de Loera- Brust, The Sacramento Bee

Many of the individuals, mostly immigrants, who continue to harvest the food that we eat are especially vulnerable during the COVID-19 pandemic. A large number of farm workers live in poverty, do not have equal access to health care (around 50 percent of farm workers in California do not have health care coverage) or paid time off. Some workers do not have access to clean drinking water and others fear

deportation. Read more here.

PRAY and GIVE

We pray in thanksgiving for all agricultural and farmworkers who provide essential services as they harvest the food in our supermarkets and on our plates. Keep them safe from harm during the pandemic. May we speak prophetically to those in power to ensure that the needs and fundamental human rights of all workers, especially farmworkers, are met.

Read a statement from the United Farm Workers about the especially vulnerable position of many farmworkers who are still harvesting the food on our tables during the pandemic. Consider donating to United Farm Workers as they continue to advocate for the health, safety, and human rights of people working in the agricultural system.

Lenten Daily Food Reflections

pause | reflect | act

Editor's note: *These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the Lenten Food Waste Fast at the Ignatian Solidarity Network.*

Advertisement

This story appears in the **Lenten Daily Food Reflections** feature series. View the full series.