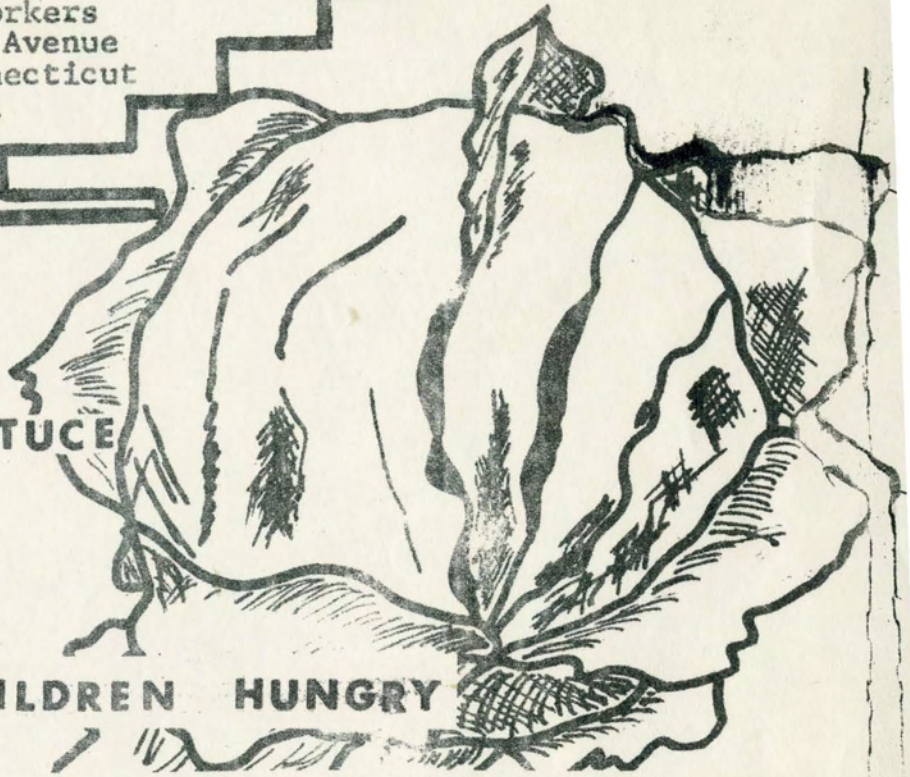


United Farm Workers
57 Farmington Avenue
Hartford, Connecticut
527-7191

EVERY TIME I EAT LETTUCE

I HELP KEEP

FARM WORKERS' CHILDREN HUNGRY



As lettuce pickers move from state to state following the harvest periods their children lose all chance for a decent education. Farm workers live in homes that have no toilets or running water. They are sprayed along with the crops with dangerous pesticides as they work.

Farm workers want to change these things and have joined together to form a union - the United Farm Workers - in order to bring these changes about.

Only with your help can farm workers hope to gain recognition and change the intolerable conditions they live and work in.

don't eat lettuce

Please do not eat lettuce, unless you see the farm workers' label--the Aztec eagle. When in doubt if it is union or non-union lettuce, don't eat the lettuce. You may want to start eating other types of salad (romaine, escarole, spinach, cabbage, chicory, endive.)

Join us in an effort to educate the people of Connecticut to the plight of the farm workers. Invite us to speak and show a film to your church, school, organization, or friends.

Clip off the bottom box and send it to: United Farm Workers, P.O. Box 62, Keene, California 93531.

I pledge to the United Farm Workers that I will not eat or buy any lettuce until the lettuce industry recognizes the workers' rights to unionization and signs contracts with them. I will urge my friends and neighbors to do the same.

Name _____

Address _____