

Food Stamps

You may be eligible for food stamps.

To apply, go to the Social Services office. If the social service worker tells you that you cannot fill out an application, ask her/him to give you the reason in writing.

If you do not have any money, you should be able to get food stamps in 5 days after you apply. This fast way is called "emergency food stamps." When you apply, ask the worker for **"emergency food stamps."**



If you have a little money, you should get your food stamps within 30 days after you apply.

If you are turned down for food stamps, Social Services should give you the reason in writing.

Drinking Water, Toilets and Handwashing Facilities

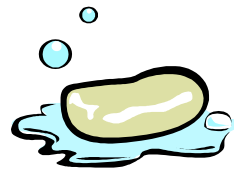
When it is hot, it is important that you drink water often in the field.

Your employer must provide cool water for you to drink as well as paper cups.



He/she must give you opportunities to drink water often. Even if you drink a soda, you should still drink water to replace the fluid you are losing.

Your boss must also provide toilets and handwashing facilities in the field. Since you are working with crops that have been sprayed with dangerous chemicals, you should wash your hands with soap.



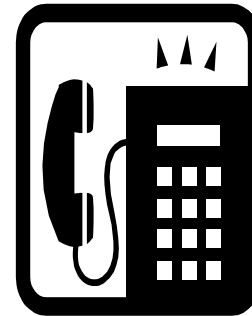
**To make an anonymous complaint,
you can call the
NC Department of Labor at
1-800-NCLABOR.
You can also call the
Farmworker Unit with questions.**

Questions?

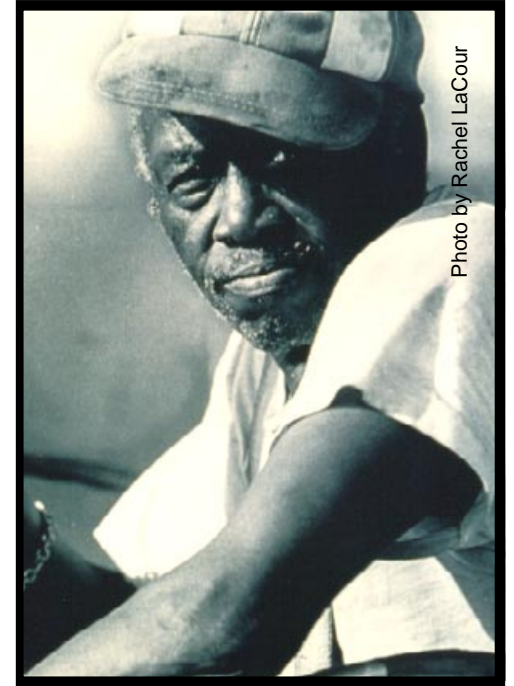
If you want to know more about your labor rights, call the Farmworker Unit.

1-800-777-5869

The call is toll free.



Se habla español



KNOW YOUR RIGHTS

**As A Farmworker
In North Carolina**

Minimum Wage

The minimum wage is **\$5.15 per hour.**



If there are at least seven or eight other people working for your boss, you should probably be paid the minimum wage.

Even if you are working in a crop that is paid by the piece — like cabbage, potatoes, or peppers — you still must be paid *at least* the minimum wage per hour for every hour that you work.

Write Down Your Hours!

It is important that you keep a record of the hours that you work. Every day you should write down the time you started and stopped work, the breaks that you took, and the total number of hours that you worked. This will help you in case you and your boss disagree about how many hours you worked.

1	7:00	:30	6:00	10:30
2				

At the end of the year you should get a **W-2 form** to use when filing your income taxes. The W-2 form will say how much money you made last year.

Pay

It is illegal for the farmer or your crewleader to deduct money from your paycheck for things you have bought, if she or he is not authorized to sell these things.

For example, the farmer cannot charge you for alcohol if he is not licensed to sell it.

Your employer can deduct social security, food, and some other things from your paycheck, but not for a profit.



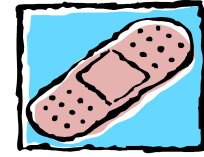
For example, you cannot be charged \$1 for a soda that cost your employer 50 cents at the store.

With your pay (cash or check) you should get a pay stub or receipt that has the number of hours worked, the amount earned, and the amount taken out of the check.

Keep your paystubs!

Friends, husbands, wives, and other family members should not be paid with one check or envelope, but should get their own separate pay.

In Case You Are Injured



In North Carolina, farmers who have more than 10 full-time employees the whole year, must have insurance for their workers. This insurance protects you in case you are injured while working.

You have the right to free medical care if you are hurt while working.

You should tell your crewleader or farmer immediately if you get hurt.

The Right To Have Visitors

You can invite people to visit you on the camp even if the crewleader or the farmer does not want them to see you.

You can have friends, health workers, lawyers and others visit you at your camp.

Housing



You have the right to leave the labor camp at any time.

It is against the law for the crewleader or farmer to make you stay at the camp. You have the right to leave at any time, with all your belongings.

You have the right to safe and clean housing.

Your house must have:



- Hot and cold running water



- A clean shower facility



- A separate place to wash and dry clothes



- A bed with a mattress



- And if it is cold, you must have heat