In the United States, the workforce behind the production of one of our most basic needs – food – consists in large part of undocumented, migrant farm workers from Mexico and Central America. Whether looking through the lens of social justice and a belief in basic human rights, or from the perspective of rational, economic choice and efficiency, it is essential to take measures to ensure that the workers who serve as the backbone of the American food system are mentally healthy and secure. An occupational hazard of farm work that particularly afflicts this population is social isolation, which has been shown to contribute to stress, anxiety, and overall poor mental health. Research shows that high levels of stress and anxiety can lead to diminished cognitive abilities and, in turn, productivity in the workplace. A research team funded through a Hatch grant and led by Dan Baker, PhD, will collect data from migrant farm workers in various counties in Vermont, using purposive sampling techniques. The team will administer the Migrant Farm Worker Stress Inventory (MFWSI), a survey tool that has been well vetted in the literature, along with a few additional survey questions tailored to the population under study. I will use a subset of the data gathered to analyze the prevalence of social isolation and the subsequent mental health issues that arise for Mexican and Central American migrant laborers on dairy farms in Vermont.