



AFOP's Health & Safety Programs

Spring Cleaning Time

VOLUME 3 / ISSUE: MARCH 2015

So Many Ways to Say Thank You

During National Farmworker Awareness Week from March 23 – 27, we celebrated you, the farmworker. It was a moment to acknowledge all that you endure to provide us with the food we eat daily, from the long days of physically demanding labor and exposure to extreme heat and pesticides.

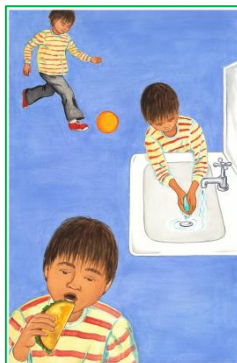
As a way to give back and to help, AFOP's Health & Safety Programs organized an Annual National Long Sleeve Shirt Drive. More than 20 states participated in getting your communities to donate light colored long sleeve shirts. The long sleeves help to protect you as you work in the fields from heat related illnesses and pesticide residues on their skin.



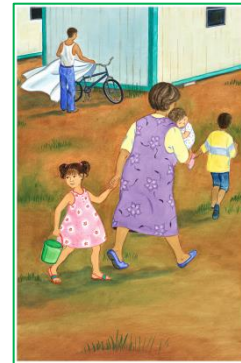
DO YOU KNOW HOW TO PROTECT YOURSELF WHEN WORKING WITH PESTICIDES?



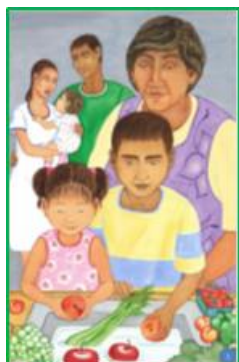
Wash your work clothes separate from your family's clothes



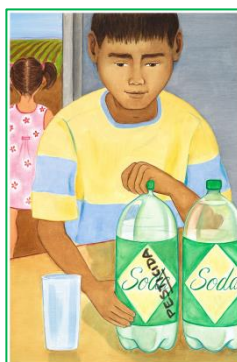
Always wash your hands with soap and clean water before eating, smoking, chewing gum or going to the bathroom



If pesticides are being applied while you are working, leave the area right away



Never eat fruits or vegetables from the field without washing them first



Never take pesticides home from work, they are too strong and can hurt you and your family



Take a shower and change your clothes as soon as you get home, even before you greet your family

NATIONAL FARMWORKER AWARENESS WEEK

AFOP's Health & Safety Annual National Long Sleeve Shirt Drive

Did you know that a long sleeve shirt can protect you from the dangerous pesticides? During March 23-27, 2015, we celebrated the National Farmworker Awareness Week and collected long sleeve shirts to help you protect yourself for pesticide exposure.

OUR GOAL:
COLLECT 1,000 SHIRTS

RESULTS:
OVER 100 PROFESSIONALS AND VOLUNTEERS,
120 DROP OFF LOCATIONS IN 23 STATES



Our sincerest thank you for the generosity and hard work to everyone involved in the long sleeve shirt drive!

Association of Farmworker Opportunity Programs

1726 M St NW Ste. 602, Washington, DC 20036 • Tel: (202) 828-6006 • Fax: (202) 828-6005

"The community was willing to give more than what we asked for. People understood that long sleeve shirts help protect farmworkers from heat exhaustion and pesticide exposure." – Rosa Rodriguez, Telamon Corporation, MD



"I liked the feeling of accomplishment and the sense that I was able to get the community to donate for the farmworkers." –Oralia Olguin, Telamon Corporation, NC



"The community was extremely receptive in being able to help us provide the farmworker community with clothes that will protect them during the harvest season from overheating and chemicals." – Erika Kastel, PathStone Corporation, NY



"I like how farmworkers just looked at me when I gave them a free long sleeve shirt along with heat stress awareness training; they thought no one cared about their health." – Blanchet Monagas, PathStone Corporation, PR



"I have noticed that every year people are more and more welcoming to migrant farmworkers. The people I talked to were very appreciative of farmworkers after they learned what they really do." – Jody Stutzman, Proteus Inc., NE



"It was a mix of emotions! It was a bit overwhelming at first but overall a great experience. Being able to give back feels amazing... the volunteers and I were talking about how we could make it better next year." – Denise Cruz, Michigan State University student

"Many agricultural related organizations not only acknowledge the community, but work to effect positive change. A call to action encourages other community organizations and partners to engage in week full of innovative and fun events." – Anika Hutchinson, Proteus Inc., IN



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Cocinando con Sazón...

Cinnamon Oat Drink (Makes 5 servings)

Ingredients

- Cinnamon stick
- ½ cup of oats
- 4 cups of milk
- 1 cup of water
- A pinch of cloves
- 3 ½ teaspoons of sugar



Directions:

1. In a pot put the water, milk and oats and cook for 15 minutes. You can use low fat milk for a healthier treat
2. Lower the heat and add cinnamon, cloves and sugar and cook about 15 minutes
3. Turn off the heat and let cool
4. Put the mixture in a jar and put it in the refrigerator for 3 horas
5. Remove the cinnamon stick, put the mixture in a blender and mix for 2 minutes
6. Serve cold

Share your recipes with us! Send by email to: kelly@afop.org or post on our Facebook page.

Healthy Tips!

4 USES FOR USED COFFEE GROUNDS

- **WHAT YOU WILL NEED:** Used coffee grounds
- **HOW TO USE:**
 1. **Deodorize Your Fridge.** Place a bowl of dry grounds in your refrigerator or freezer to neutralize odors left by stale or spoiled food.
 2. **Hide Furniture Scratches.** Dip a cotton swab into steeped grounds and dab on scratches in dark wood furniture to minimize them. Just test in an inconspicuous area first.
 3. **Repel Insects.** Mound grounds into a ring to create a protective border around plants that will ward off ants and slugs.
 4. **Clean Tools and Dishware.** Place a few teaspoons of grounds on a thin cleaning rag and use to scour away grease and grime. Finish with a thorough rinsing.



Share your healthy tips with us! Send by email to: kelly@afop.org

FOLLOW US!



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To receive Pesticide Safety and/or Heat Stress training please contact:

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