

Sazón para la Salud!



Thanksgiving Harvest

AFOP's Health & Safety Programs

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A Letter of Thanks Giving

Every year at Thanksgiving millions of families come together at the table to give thanks and enjoy a wonderful meal. While we enjoy that meal, we should think about and be grateful for those who have worked so hard to pick the food we consume.

To the child and adult farmworkers laboring in the fields across the United States, handpicking the majority of fruit and vegetable crops produced in this country, we say thank you.

Thank you for the demanding physical labor you perform on a daily basis, for very little pay.

Thank you for your hard hours of sweat beneath the unforgiving sun.

Thank you for your backbreaking efforts among the massive amounts of pesticides.

How do we repay you for the sacrifices you make and the abuses you suffer? We recognize the struggles you face to feed your own families, while making sure that we have a safe and secure food source.

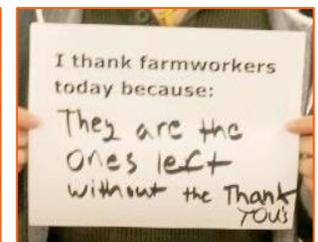
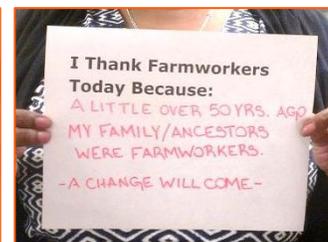
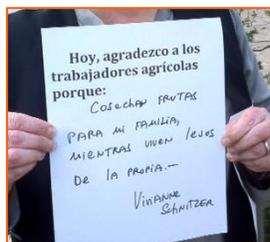
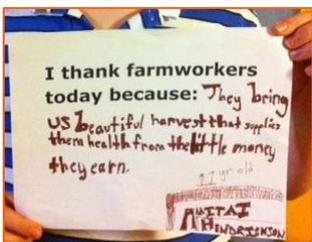
As champions in one of the top three most dangerous occupations in the United States, we recognize you and your work.

You deserve access to medical services, protection from dangerous pesticides, and stronger workplace protections, like water – rest – shade.

So, during this time of thanks giving, as you continue to labor in the fields in a job that is unstable, we will continue to advocate for more protections for you, and changes to our nation's broken food system so that you are able to earn a living wage without risking your health and safety.

With our deepest gratitude,

AFOP's Health & Safety Programs and trainers





CONCINANDO CON SAZON... HOMEMADE TORTILLAS (Makes 16 tortillas)



INGREDIENTS:

- 4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 to 2 teaspoons salt (to taste)
- 1/2 cup oil
- warm water

Combine the flour, baking powder and salt. In a measuring cup add the oil and enough water to make 1 ½ cups of liquid. Add the water and oil mixture to the flour mix one tablespoon at a time until the dough is well mixed and sticky. On a flat surface dusted with flour take the dough and knead for about 2 to 3 minutes. Let the dough rest for a minimum of 30 minutes.

Preheat griddle or comal to medium heat. Form the dough into 16 small balls or testales. Dust the flat surface with flour and roll the testal to form your tortillas. Brown each side of the tortilla anywhere from 1 to 2 minutes depending on the temperature of your comal.

Credit to Mrs. Guadalupe Mata, who uses this recipe at home and when she migrates to the Texas Panhandle for the grain and sorghum season.
Share your recipe with us! Email it to: kelly@afop.org or post it in our Facebook.

Healthy Tips!

HOW TO MAKE YOUR TOILET BOWL, TUB & SINK CLEANER:

WHAT YOU WILL NEED: Baking soda and Murphy's Oil Soap

HOW TO USE: Sprinkle baking soda on the surface. Add a couple drops of Murphy's Oil Soap, scrub and rinse



Share your healthy tip with us! Email it to: kelly@afop.org

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