



*Sazon para la Salud!*

Childhood  
Cancer  
Awareness  
Month

AFOP's Health & Safety Programs

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## Focusing on your Children's Health & Safety

**Did you know that in the United States there are 400,000 to 500,000 children working in the fields alongside their parents?**

As a result, children are encountering pesticides at an early age for longer periods of their lives, which can have harmful effects on their health.

### HEALTH EFFECTS OF PESTICIDE EXPOSURE AMONG CHILDREN

Some negative effects of pesticide exposure range from mild symptoms of dizziness and nausea to the more serious, long-term neurological, developmental, and reproductive disorders; and in some cases has been linked to cancers such as, Leukemia.

### WHY ARE CHILDREN MORE VULNERABLE TO PESTICIDES?

Although we may think of children as "mini-adults," they in fact are not and their bodies cannot process toxic chemicals like an adult. Because children's skin is still growing and expanding, blood through the skin is greater, and that makes the skin absorb chemicals faster and move them throughout the body more efficiently. In addition, their internal organs are still developing along

with their immune systems, thus providing less natural defenses against the toxins.

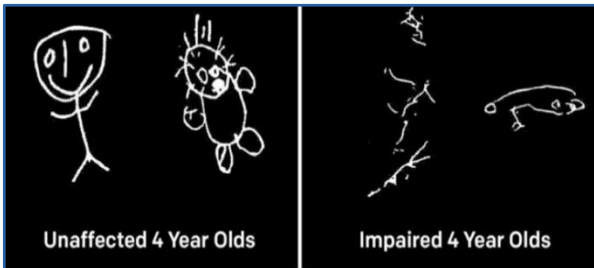
### HOW DO CHILDREN COME IN CONTACT WITH PESTICIDES?

Children encounter pesticides in their daily activities through air, food, soil or dust, and on surfaces from the home and public lawns or garden use, household insecticide use, usage on pets and agricultural product residues on fruits and vegetables. And, in agriculture the main source of pesticide exposure is through pesticide spray and/or water drift, as well as from take-home exposure on the clothing and footwear of agricultural workers.

### WHAT CAN YOU DO?

Before using pesticides, remove children and their toys from the area and keep them away until safe as directed by the label. Never transfer pesticides to other containers that children may confuse with food or drink. Teach children that pesticides are poisons, and that they should not touch. And if, your children are working alongside you make sure they are protected by wearing long sleeve shirts, long pants, gloves, and closed shoes with socks.

### CASE STUDY



### HEALTH EFFECTS OF PESTICIDE EXPOSURE AMONG CHILDREN

This was part of a study done by an anthropologist who was looking at two groups of young children of the Yaqui Tribe in Mexico. The children live in an agricultural area, however in the foothills pesticides are rarely used, while the valley is overwhelmed by pesticides.

A group of four-year-olds were asked to draw a stick figure of a person. There is a dramatic difference between the motor abilities of the children growing up in the foothills as opposed to the valley.

### EFFECTS OF PESTICIDES ON CHILDREN

Artwork created by children in a control group, versus children exposed to pesticides. Study was conducted on two groups of children from the Mexican tribe of Yaqui.



# Cocinando con Sazón...

## Colombian Stewed Beef

### INGREDIENTS:

- 2 lbs. beef for stew
- 1tsp. vegetable oil
- ½ c. chopped onion
- ¼ c. chopped red bell pepper
- 1 clove minced garlic
- 2 c. chopped tomato
- 1 beef bouillon cube
- ¼ tsp. cumin powder
- ¼ c. chopped cilantro
- ¼ tsp. salt
- ¼ tsp. pepper
- 8 small yellow potatoes, peeled and cut in half



### Directions: (Makes 4 servings)

1. In a large pot heat the vegetable oil over medium heat. Add the onion and red pepper and sauté until onions are translucent, about 3 minutes. Then add the tomatoes, garlic, salt and ground pepper and sauté for 5 more minutes.
2. Add the beef, water, beef bouillon, and cumin powder. Reduce the heat to medium low, cover and cook for 45 to 50 minutes, stirring occasionally.
3. Add the potatoes, and cilantro and cook for an additional 30 minutes or until the vegetables are tender.
4. Serve with white rice.

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

## Healthy Tips!

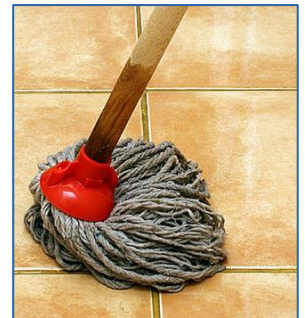
### CLEANER FOR NON-WAX OR NON-WOOD FLOORS

#### WHAT YOU WILL NEED:

- ¼ c. washing soda\*
- 1 Tbsp. liquid soap
- 6 Tbsp. cornstarch
- ¼ c. white vinegar
- 6 gallons of hot water

#### HOW TO USE: Combine ingredients in bucket and use solution to mop floor.

\* To make washing soda: pour baking soda on a cookie sheet and bake at 400 degrees for 30 minutes.



Share your healthy tips with us! Send by email to: [kelly@afop.org](mailto:kelly@afop.org)

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