



Back to School

AFOP's Health & Safety Programs

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Keeping a Safe and Healthy Home throughout the School Year

It's back to school season! Mornings might get hectic making sure that everyone's needs are met, and on time. As parents there are several things we should be aware of, whether we are taking our kids to school or putting them in the bus. Exposure to **pesticide residues** in rural communities is more common. Protecting our children from pesticide residues is very important to ensure healthier and safer lives.

Parents, teachers, and kids can all help to reduce the risk of pesticide exposure around the family. Pesticide residues can be found everywhere even if we cannot see them. So, what can we do?



Tips to keep your family safe:

- **Wash your hands** before and after going to the bathroom
- Wash your hands before eating or drinking
- Remove work clothing before picking up your child from daycare;
- Remove work clothing and shoes before entering your house;
- Take a shower before playing or hugging your children;
- Wash work clothes separate from family laundry;
- Sweep and clean the surfaces in the house where dust and pesticide residues can be found;
- **Don't bring agricultural pesticides home.**

Training Available for Farmworker Women on Pesticide Exposure & Pregnancy



AFOP's **Pesticide Exposure & Pregnancy (PEP)** curriculum is the newest addition to the trainings offered to farmworkers and their families.

PEP is focused on educating women who work in agriculture that are or may become pregnant. This training also informs farmworkers on why take-home exposure is hazardous to the health of pregnant women and their babies and how to prevent exposure.





Cocinando con Sazón...

Chilaquiles with Tomatillo Salsa

INGREDIENTS:

- ½ cup of vegetable oil
- 10 corn tortillas (cut into 8 pieces)
- ½ cup crumbled queso fresco
- 2 thin slices of onion (separated into rings)
- ½ cup Mexican crema (or sour cream)
- ¼ cup chopped fresh cilantro leaves (for garnish)
- 1 cup tomatillo salsa (salsa verde)



Directions: (Makes 4 servings)

1. Pour about ½ cup of vegetable oil into a large sauté pan over medium heat. When oil is hot, add the tortillas, working in 2 or 3 batches.
2. Cook until lightly browned and nearly crisp. Drain cooked tortillas on paper towels.
3. Discard the remaining oil and wipe pan clean with paper towel.
4. In the same pan, add your favorite tomatillo salsa and bring to simmer over low heat.
5. Add the tortillas and cook until soft but not mushy, about 5 minutes. Season with salt and pepper, to taste. Top with queso fresco and onion rings.
6. Drizzle with Mexican crema, sprinkle with chopped cilantro and serve immediately.

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

Healthy Tips!

HOW TO CLEAN RUSTY TOOLS

- **WHAT YOU WILL NEED:** Black Tea
- **HOW TO USE:** Brew a few pots of strong black tea. When cool, pour into a bucket. Soak the tools for a few hours. Wipe each one with a cloth. (Wear rubber gloves or your hands will be stained.)



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

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

Association of Farmworker Opportunity Programs

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