

# Season para la Salud!



AFOP's Health & Safety Programs

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## Winter Holidays Are Here, Are You Prepared?

The winter holidays are often a time to gather together with family and friends and this can mean a lot of driving. The following three rules from OSHA (the Occupational Safety & Health Administration) are good to keep in mind while driving this winter.

**PREPARE** for the trip; **PROTECT** yourself; and **PREVENT** crashes on the road.

**Maintain Your Car:** Check battery, tires, and windshield wipers, put no-freeze fluid in the washer reservoir, and check your antifreeze.

**Have On Hand:** flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. For long trips, add food and water, medication and cell phone.

Children 12 and under are much safer in the back seat.



Slow down and increase distances between cars.

Keep your eyes open for pedestrians walking in the road.

Avoid fatigue – Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible.

If you are planning to drink, designate a sober driver.

### Food Safety for Moms to Be:

Enjoy events while keeping your unborn baby safe from foodborne bacteria. Use these tips to help you select, prepare, and handle food safely year-round!

Preventing foodborne illness is easy as...

1. **Clean** - Wash hands and surfaces often.
2. **Separate** - Don't cross-contaminate.
3. **Cook** - Cook to proper temperatures.
4. **Chill** - Refrigerate promptly.

Let's talk about Listeria, it is a bacterium that can be particularly harmful to you and your unborn baby and can be found in these foods:

- Hot dogs, deli meats, and luncheon meats. They're okay to eat if you reheat them until steaming hot.
- Soft cheeses (including Feta, "queso blanco," "queso fresco," and Panela). They're okay to eat if the label says they're made with pasteurized milk.
- Refrigerated pâtés or meat spreads and smoked seafood. They're okay to eat if in a cooked dish, such as a casserole.
- Raw (unpasteurized) milk or foods that contain unpasteurized milk, such as some cheeses, are not necessarily made with pasteurized milk. These products may be produced and sold locally, such as on dairy farms or local cheese stores. Be sure that all the dairy products you consume are made with pasteurized milk.



# Cocinando con Sazón...

## Caldo Verde

### INGREDIENTS:

- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 Russet potatoes, peeled and cut into small cubes
- 6 cups water
- 7 oz firm, smoked chorizo, thinly sliced
- Salt and ground white pepper, to taste
- 8 oz kale, stems and ribs removed, sliced into thin ribbons



### Directions: (Makes 4 to 6 servings)

1. In a pot over medium-high heat, cook the onion and garlic in olive oil until the onions are soft, about 4 minutes. Add potatoes and cook, stirring constantly, for another 4 minutes. Add water, bring to a boil, cover then lower heat to simmer for 20 minutes, until potatoes are soft.
2. In a skillet over medium heat, cook sliced chorizo until it lightly browned, about 10 minutes. Drain and set aside.
3. Using a potato masher or large spoon mash the potatoes in this soup. Add the sausage, sliced kale, season with salt and pepper and return to medium heat. Cover and simmer 10 to 15 minutes until kale is soft.

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

## Healthy Tips!

### All-Natural Holiday Air Freshener

Having pretty holiday scents cheaply and naturally is not as hard as you may think. If you eat oranges, save the peeling instead of throwing it away for a simple way to freshen the air.

#### WHAT YOU WILL NEED:

- orange slices or orange peels (pretty ones not necessary)
- spices, such as cinnamon, nutmeg, cloves (whole or ground)

#### HOW TO USE:

Fill a small saucepan halfway with water. Add in peels, spices, bring to a boil over medium heat, reduce heat to very low and allow to simmer.

Pay very close attention, refilling with water as necessary. Never leave unattended! Discard after two days.



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

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