

*Sazon para la Salud!*



AFOP's Health & Safety Programs

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## Loving Your Family by Keeping Them Healthy

Valentine's Day is the best time to show your family love by protecting their health. What better way to show your love than by making sure you and your family have many healthy and happy years together. This Valentine's Day, search your home and limit the ways your loved ones are being exposed to pesticides.

We often don't think about pesticides being in the products we use every day. And while more education and better packaging on pesticides has helped, thousands of cases of pesticide poisoning are still reported to U.S. poison control centers every year.

### Places Pesticides are found in the Home

- Foods
- Insect and rodent control products
- Household cleaning products
- Lawn and garden care products
- Pet products

Because pesticides are still in many places in our everyday lives, a child's amount of exposure can add up quickly. These exposures may not show symptoms immediately. However, studies suggest that exposure may affect healthy child development.

There are a number of major health concerns linked to pesticide exposure. For example attention and learning problems; low birth weight; and childhood cancers.

Pesticides are used in many products and may affect children's health in a variety of ways. However, there are things parents can do to protect their children from pesticides where they live and play.

Reducing your child's exposure to pesticides is not difficult, so start today! Follow the tips for parents listed below, and make sure to avoid the "Dirty Dozen" as much as possible; instead buy food items from the "Clean 15"!

### Clean 15

1. Onions
2. Sweet Corn
3. Pineapple
4. Avocado
5. Asparagus
6. Sweet Peas
7. Mangoes
8. Eggplant
9. Cantaloupe
10. Kiwi
11. Cabbage
12. Watermelon
13. Sweet Potatoes
14. Grapefruit
15. Mushrooms

### Dirty Dozen

1. Apples
2. Celery
3. Strawberries
4. Peaches
5. Spinach
6. Nectarines
7. Grapes
8. Sweet Bell Peppers
9. Potatoes
10. Blueberries
11. Lettuce
12. Kale/Collard Greens

### Tips for Parents

#### Reduce exposure to pesticides in foods.

- Organic produce has been found to have fewer pesticides.
- Wash and scrub fruits and veggies reducing pesticide residues remaining on the surface.

#### Do not use toxic pesticides where your children play.

- Work with schools and your community to do the same
- Use pest control methods that do not require pesticides for common household problems.

#### If you use pesticides, follow the directions on the label.

- Store pesticides safely out of your child's reach.

#### Talk with your child's doctor about lice control without toxic chemicals.

#### If you work with pesticides, do not "bring them home".

- Change clothes before coming home and remove and store shoes outside.

# Cocinando con Sazón...

## Rice Pudding (Mexican-Style)

### INGREDIENTS:

- 2 cup rice
- 1 or 2 cinnamon sticks
- 4 cups milk
- ½ cup sugar
- 2 cups water
- 2 teaspoons vanilla
- 1 can condensed milk



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

1. Put the rice, milk and cinnamon sticks in a pot and boil.
2. Lower the heat and cook until the rice is done.
3. Add the vanilla, condensed milk and sugar to taste.
4. Mix and serve.

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

## Healthy Tips!

### Cleaning Fruits & Vegetables of Pesticide Residues

Whether you buy organic fruits and vegetables or not, but especially if you or your family are eating produce from the current list of “Dirty Dozen”, it needs a good washing. For a list of food items found on the “Dirty Dozen” and the “Clean 15” lists please see the other side.

#### WHAT YOU WILL NEED:

- 1 part white vinegar
- 3 parts filtered or purified water

#### HOW TO USE:

1. Make a solution of white vinegar and room temperature water (research has shown wash kills 98% of bacteria and helps dissolve the wax and pesticide residues found on skins of many fruits and vegetables).
2. Place room temperature fruits and vegetables into the wash. (By keeping everything at room temperature you reduce risk of shocking produce and causing skins to absorb dirty water).
3. Allow fruits and vegetables to soak for 10 minutes.
4. Air dry on a towel or washed counter space.



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

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