

# Sazon para la Salud!



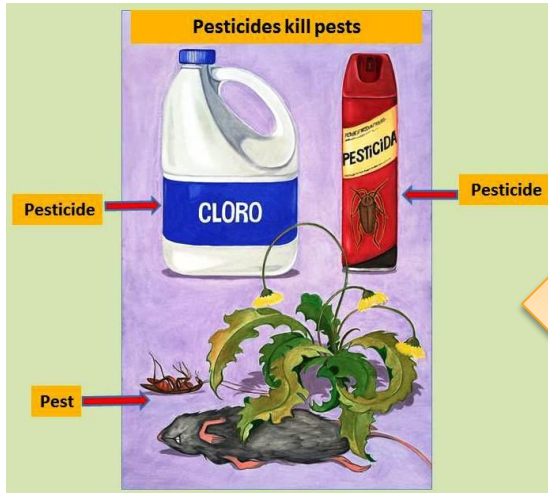
Happy Mother's Day



AFOP's Health & Safety Programs

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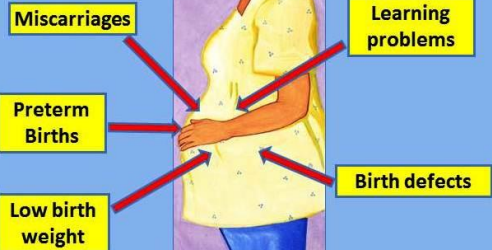
## Protect Babies from Pesticides



Pesticides are used to kill pests. Pests can be insects, mice and other animals, weeds, fungi, or bacteria and viruses. Pesticides are found in your home and at your work.

Being in contact with pesticides is harmful during pregnancy. It may lead to miscarriages, preterm births, low birth weight, birth defects and learning problems in children.

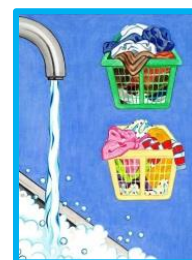
Being in contact with pesticides is harmful during pregnancy. Contact with pesticides can harm your baby.



If pesticides are used at your job during your pregnancy do this:



1. Avoid entering fields where pesticides have been recently applied.
2. Wear protective clothing, like gloves and a long sleeve shirt.
3. Wash hands before eating, drinking, chewing gum or going to the bathroom.
4. Wash your work clothes separately from your non-work clothes and family clothes.
5. If pesticides are used outside your home, close windows and turn off air conditioner until the pesticides clear away.





# Cocinando con Sazón

## Zucchini with Corn

### Ingredients:

- 5 small zucchini
- 1 can of corn
- 1 small tomato
- Onion
- 2 spoons of olive oil
- Cheese to taste
- Salt to taste



### Directions: (Makes 3 to 4 servings)

1. Cut the zucchini into small cubes
2. Put the zucchini cubes into a frying pan with the corn, chopped onion and salt to taste and cook for 15 minutes
3. Serve with cheese to taste

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 Windows Naturally

No need to buy expensive window cleaning products and use strong chemicals in your home. Use all natural cleaner, avoid exposure to unnecessary chemicals and save money.

#### • **WHAT YOU WILL NEED:**

- 1 tablespoon of vinegar or lemon juice
- 1 quart of water
- A spray bottle and newspaper

#### • **HOW TO USE:**

1. Add 1 quart of water to a clean spray bottle and add the vinegar or lemon juice and shake to mix.
2. Spray on windows and wipe clean with newspaper



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

## FOLLOW US!



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

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