



## WORKING MOTHERS

AFOP's Health & Safety Programs

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### THE SACRIFICES OF A MOTHER

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I wake up to the sound of my mom getting up from the bed and I look at the clock. It is four in the morning. My mom, carefully, walks towards the kitchen and turns on the light. I see her shadow dancing across the floor while she quickly prepares the lunch of the day for the family. In between tortilla heating, my mom runs to her bedroom to put on work clothes.

At five o'clock, my dad sits at the table and my mom brings him his coffee. At six thirty, it is time to get out of bed and wake up my sisters. I walk towards the communal bathrooms we share with other farmworker families and see similar scenes through the windows of other apartments, with mothers happily preparing everything needed for the work day.

It is difficult to understand where they find the strength, especially after so many long work days in the fields. Day after day, year after year, my mom makes sure we have everything we need to endure the hard work that awaits us. And coming home from the fields, before I can sorely untie the shoelaces of my muddy boots to take them off, she already turned on the *comal* (flat griddle) and began preparations for dinner. While I rest in front of our TV, she is sweeping the house. While I go to take a shower, she is doing the laundry.

She takes care of us. She pampers us. She coddles us. And her, who takes care of her?

She has been the example of the ideal woman – loving, hardworking, and cheerful – and thanks to her efforts and sacrifices, my childhood was full of happy memories and lots of love. This Mother's Day, I want to thank my dear mother Carmen and all working mothers like her.



### HOW CAN YOU PROTECT YOURSELF FROM PESTICIDES AT HOME?

For a healthier life, avoid using pesticides at home. **If it is necessary to use pesticides in your home or work, follow these steps to reduce your risk of exposure:**



1. Only a licensed professional should apply pesticides.
2. Do not enter areas where they have applied pesticides.
3. Put away food, plates, and utensils before pesticides are applied.
4. Wash the area where food is prepared after pesticides have been applied.
5. Wash all fruits and vegetables very well before cooking or eating them.
6. If pesticides are used outside your home, close all windows and turn off the air conditioner and fans until the pesticides disperse to avoid them entering your home.

Did you know that cleaning products you use in your home are germicides or better known as pesticides? Use alternative products like *vinegar, lemon, or baking soda* to clean your home.



# Concinando con Sazón...

## CHURROS (Makes 4 servings)

### INGREDIENTS:

- ½ gallon of vegetable oil
- 1 cup of water
- ½ cup of margarine
- 1 cup of flour
- ¼ teaspoon of salt
- 3 eggs
- ¼ cup of refined sugar
- ¼ teaspoon ground cinnamon



### Directions: (Cooking time: 15 minutes)

1. Heat the oil in a deep frying pan to 350°F (180°C). The oil needs to be 2 inches deep (5 centimeters).
2. Put the water and margarine in a pot and let it come to a boil. Mix the flour and salt and stir into the boiling liquid. Reduce the heat to low and continue to stir until the mixture forms a ball, about 1 minute. Remove from heat and mix in the eggs, one at a time. Pour the mixture into a pastry tube with a large star tip (if you do not have a pastry tube use a sandwich bag and cut a small hole in the corner).
3. Press the pastry tube or sandwich bag carefully, making 5 inch (12 centimeters) churros directly into the hot oil. Fry 3 to 4 churros at a time, until golden brown, approximately 2 minutes on each side. Drain the cooked churros on paper towels. Mix the sugar and cinnamon separately and roll the warm churros in the sugar mixture.

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

## Healthy Tips!

### HOW TO CLEAN GLASS WINDOWS

- **WHAT YOU WILL NEED:** Water, newspaper, and baking soda
- **HOW TO USE:** In place of buying a chemical cleaning product for your home's windows, you can use newspaper. Wet a sheet of newspaper and wipe the window, afterwards dry it with another sheet of newspaper.

If the window is very dirty, you can use a scouring pad with baking soda and afterwards clean it with water and newspaper.



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

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