



Sazon para la Salud!

**Happy & Healthy
Halloween!**



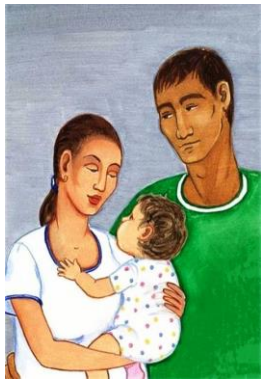
AFOP's Health & Safety Programs

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Pesticides and Pregnancy

October can be festive with the fall colors and Halloween. It is also a month to learn and plan on ways to have a healthy pregnancy.

It takes more than just eating well to be sure that your baby is ok. It's important to avoid chemicals that can harm you and your baby. Being exposed to chemicals such as pesticides may lead to miscarriages, preterm births, low birth weight, birth defects and learning problems in children as they grow up.



You may come into contact with pesticides at home or at work. Pesticides can enter your body through your skin from touching something with the chemicals on it, from eating unwashed fruit or vegetables, breathing them in or from not washing your hands after touching something with pesticides on it. These chemicals pass through the placenta during pregnancy and the milk during breastfeeding, exposing your baby to them.

PREGNANCY AND PESTICIDES DON'T MIX!

During pregnancy, your baby's nervous system is developing and your baby is growing. Exposure to pesticides can result in low birth weight, increasing the chance of developing a lifetime of health issues, like mental and behavioral problems.

With a little planning and preventive care, you can have a better chance at having a healthy baby.

The following are some rules on how to avoid pesticides:

IF PESTICIDES MUST BE USED AT HOME:

- Have a certified handler apply the pesticides; do not apply them while pregnant.
- Avoid entering into areas where pesticides were applied for the amount of time indicated on the pesticide warning label.
- Remove food, dishes, and utensils from the area before the pesticide is used.
- Wash the area where food is prepared after pesticides are applied.
- If pesticides are used just outside your home then close windows and turn off air conditioners until the pesticides clear away to avoid pesticides entering the home.

IF PESTICIDES MUST BE USED AT WORK:

- Avoid working in fields where pesticides have been recently applied. If you must work in fields where pesticides were recently applied, then wear protective clothing.
- Wear gloves when working in any field and always wash hands before eating, drinking, or chewing gum.
- Always bathe as soon as you get home to wash off any pesticide residue.





Cocinando con Sazón...

Lentil Soup with Spinach

INGREDIENTS:

- 1 tablespoon olive oil
- 1 1/2 teaspoons whole cumin seeds
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1/2 teaspoon ground coriander
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon paprika
- 1 1/3 cups (8 ounces) lentils, sorted and rinsed
- 5 cups water
- 1 can (14 1/2 ounces) diced tomatoes
- 2 cups packed shredded fresh spinach
- 1/2 teaspoon salt
- 8 ounces fat-free plain yogurt



Directions: (Makes 4 servings)

1. Place the oil and cumin seeds in a Dutch oven or heavy large saucepan over medium heat. Cook, stirring, for 2 to 3 minutes, or until fragrant. Stir in the onion, garlic, coriander, and pepper and cook, stirring often, for 4 to 6 minutes, or until the onions and garlic are tender. Stir in the paprika.
2. Add the lentils and water. Cover and bring to a boil. Reduce the heat to low and simmer, covered, for 30 to 35 minutes, or until the lentils are very tender.
3. Stir in the diced tomatoes, spinach, and salt. Increase the heat and simmer, uncovered, for 5 minutes longer. Serve with a swirl of yogurt.

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

Healthy Tips!

Cleaner/deodorizer for washing machines

- **WHAT YOU WILL NEED:**
 - 4 cups white vinegar
 - a few cleaning cloths
- **HOW TO USE:**
 - Start by setting your washer to its hottest temperature, highest capacity and longest cycle.
 - Add four cups of white vinegar to the hot water, close the lid and allow it to agitate for several minutes. Open the lid (so the machine stops) and allow it to sit for an hour so that the vinegar can do its job to get rid of the bacteria.



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

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