



Sazon para la Salud!

**Happy Thanksgiving!
Time to Thank a
Farmworker**

AFOP's Health & Safety Programs

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How Do You Say Thank You?

Thanksgiving is day to share with family and friends and traditionally as a way to celebrate and be thankful for the harvest of the year. Here at AFOP Health & Safety Programs we want to say thank you to the women, men and children who work in the fields during the harvest and all year long. Without all your hard work, the food we enjoy this Thanksgiving and every day would not be possible.

We know that you work long hours for little pay, often in hot fields and dangerous conditions surrounded by pesticides. We know that the work is very hard and the days are long. We also want you to know that we appreciate all that you do!

For these reasons and many more AFOP Health & Safety says **THANK YOU!**



COOK UP GREAT MEALS AND KEEP YOUR FAMILY SAFE

Holiday seasons often mean family gatherings, large meals, and left overs. We want you to have healthy and safe holidays so prepare and follow these steps to help keep yourself and your family safe from food poisoning.

The following are some rules on how to cook and store food safely this Thanksgiving and every day:

ALWAYS WASH FRESH FRUITS AND VEGETABLES:

- Always wash fresh fruits and vegetable thoroughly to avoid pesticide residues. Even wash fruit or vegetables you are going to peel like melons or pumpkins. Cutting unwashed foods can push the bacteria and pesticides into the part you are going to eat.
- The safest ways to thaw a turkey is in the refrigerator:
 - Immediately after grocery store checkout, take the frozen turkey home and store it in the freezer.
 - Allow about 24 hours for every 4 to 5 pounds and place the turkey in a container to prevent the juices from dripping on other foods.
- Use a food thermometer when cooking meats and poultry. 165°F (74°C) or higher inside the turkey is usually a good temperature to kill bacteria.

KEEP CHILDREN SAFE

TURN POT HANDLES AWAY FROM EDGE OF STOVE:

- Always turn pot handles away from the edge of stoves when children are near. They may reach for the handle, spill the hot contents and get very hurt.





Cocinando con Sazón...

Cuban Style Salsa



INGREDIENTS:

- 1 lb fresh papaya
- 1/4 cup white wine vinegar
- 1/4-1/2 tsp cayenne or chili pepper flakes
- 2 cloves of garlic
- Fresh chili peppers
- Fresh lime juice to taste

Directions: (Makes about 1 cup)

1. Peel the papaya and keep the seeds, cut the papaya into small chunks.
2. Puree all ingredients, including the papaya seeds in a blender or food processor.
3. Press through a fine sieve or filter to create a smooth, creamy sauce.

This sauce can be served at the table with grilled or roasted vegetables, chips, poached chicken or fish. Or try it as a salad dressing by just thinning it out a little with vinegar. The texture is such that no oil is needed.

Consider adding one or two cloves of garlic when pureeing, and experimenting with the use of fresh chili peppers instead of the dried and fresh lime juice.

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

Healthy Tips!

Adhesive Residue Remover

At some point, we have purchased an item and have not been able to remove the residue from the price tag. We can remove the sticky residue by applying a little vinegar and letting it work a couple of minutes and then removing the residue with a paper towel or dry cloth. You can do the same to get rid of the stickers on vehicles.

- **WHAT YOU WILL NEED:**
 - A few spoons of white vinegar
 - Paper towels
- **HOW TO USE:**
 - Soak a paper towel with vinegar
 - Cover residue with vinegar soaked paper towel, let sit a few minutes
 - Remove vinegar and residue with clean dry paper towel



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

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

Association of Farmworker Opportunity Programs

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