



Sazon para la Salud!

**Childhood
Cancer
Awareness
Month**

AFOP's Health & Safety Programs

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Focusing on your Children's Health & Safety

Did you know that in the United States there are 400,000 to 500,000 children working in the fields alongside their parents?

As a result, children are encountering pesticides at an early age for longer periods of their lives, which can have harmful effects on their health.

HEALTH EFFECTS OF PESTICIDE EXPOSURE AMONG CHILDREN

Mild Symptoms:

Dizziness
Nausea
Rashes
Asthma

Serious Symptoms:

Brain/Spine/Nerve Damage
Developmental Growth Issues
Linked to Cancers like Leukemia
Reproductive Issues

WHY ARE CHILDREN MORE VULNERABLE TO PESTICIDES?

Children are not "mini-adults," their bodies cannot process toxic chemicals like an adult. In addition, their internal organs are still developing along with their immune systems, providing less natural defenses against the toxins absorbed through the skin. And, unlike adults a child's body is not prepared to clear the toxins as fast.

HOW DO CHILDREN COME IN CONTACT WITH PESTICIDES?

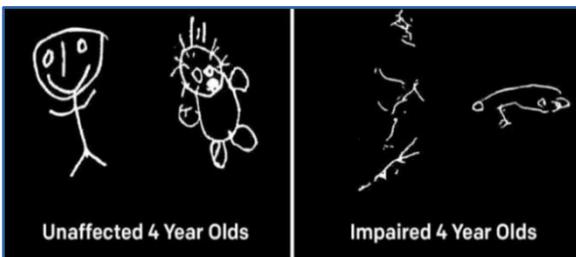
Children encounter pesticides in their daily activities through air, food, soil or dust, and on surfaces from the home and public lawns or garden use, household insecticide use, usage on pets and agricultural product residues on fruits and vegetables. And, in agriculture the main source of pesticide exposure is through pesticide spray and/or water drift, as well as from take-home exposure on the clothing and footwear of agricultural workers.

WHAT CAN YOU DO?

BEFORE USING PESTICIDES:

- Remove children & toys from the area
- Never transfer pesticides to food/drink containers
- Teach kids that pesticides are poisons and not to touch
- If your children work in the fields make sure they are protected by wearing:
 - long sleeve shirts & long pants
 - gloves & hats
 - closed shoes with socks

CASE STUDY



HEALTH EFFECTS OF PESTICIDE EXPOSURE AMONG CHILDREN

This was part of a study done by an anthropologist who was looking at two groups of young children of the Yaqui Tribe in Mexico. The children live in an agricultural area, however in the foothills pesticides are rarely used, while the valley is overwhelmed by pesticides.

A group of four-year-olds were asked to draw a stick figure of a person. There is a dramatic difference between the motor abilities of the children growing up in the foothills as opposed to the valley.

EFFECTS OF PESTICIDES ON CHILDREN

Artwork created by children in a control group, versus children exposed to pesticides. Study was conducted on two groups of children from the Mexican tribe of Yaqui.



Cocinando con Sazón...

Colombian Stewed Beef



INGREDIENTS:

- 2 lbs. beef for stew
- 1tsp. vegetable oil
- ½ c. chopped onion
- ¼ c. chopped red bell pepper
- 1 clove minced garlic
- 2 c. chopped tomato
- 1 beef bouillon cube
- ¼ tsp. cumin powder
- ¼ c. chopped cilantro
- ¼ tsp. salt
- ¼ tsp. pepper
- 8 small yellow potatoes, peeled and cut in half

Directions: (Makes 4 servings)

1. In a large pot heat the vegetable oil over medium heat. Add the onion and red pepper and sauté until onions are translucent, about 3 minutes. Then add the tomatoes, garlic, salt and ground pepper and sauté for 5 more minutes.
2. Add the beef, water, beef bouillon, and cumin powder. Reduce the heat to medium low, cover and cook for 45 to 50 minutes, stirring occasionally.
3. Add the potatoes, and cilantro and cook for an additional 30 minutes or until the vegetables are tender.
4. Serve with white rice.

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

Healthy Tips!

CLEANER FOR NON-WAX OR NON-WOOD FLOORS

WHAT YOU WILL NEED:

- ¼ c. washing soda*
- 1 Tbsp. liquid soap
- 6 Tbsp. cornstarch
- ¼ c. white vinegar
- 6 gallons of hot water

HOW TO USE: Combine ingredients in bucket and use solution to mop floor.

* To make washing soda: pour baking soda on a cookie sheet and bake at 400 degrees for 30 minutes.



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:

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