



AFOP's Health & Safety Programs

Valentine's Day

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LOVING YOUR HEALTH *by Jose Miguel Velez*

This month as we celebrate Valentine's Day, we can think about being a friend to our bodies and loving our health. Have you thought about ways you can love your health? One easy way is by trying to eat more fresh fruits and vegetables and trying to have an active life style.

What are other ways can you love your health? When working in the fields, pesticides can enter our bodies and cause serious health problems. It is important to wash your hands before and after eating, smoking, chewing gum or going to the bathroom. Avoid touching your face or your eyes, nose or mouth since pesticides can enter your body this way.

Have you eaten fruits or vegetables as you pick them in the field or supermarket? If you or your family members do, you might be eating the pesticide residues that remain on them after being sprayed. Do not eat fruit or vegetables without washing them first. Some of the dangers of eating unwashed fruits and vegetables come from the soil, pesticides, and even animals. Not washing your fruits and vegetables before you eat them has been linked to illnesses that can cause infections and in worst cases death.

Be sure to wash all your fruit and vegetables well before you cook or eat to remove any dirt but also the things we cannot see like pesticide residues that may be still on them. . If you see your friends or family members eating in the field, be sure to tell them of the dangers of eating items without washing them and the dangers of not washing their hands. It is best to wash all fruits and vegetables but even more for ones that have skin you plan to eat, like strawberries, peaches, apples, and celery. If possible, rinse them in vinegar first as a natural way to remove dirt and pesticides.



Here is a list of some fruits and vegetables which often have the most pesticides, so be sure to wash them well before eating or cooking them:

1. Peaches
2. Apples
3. Grapes
4. Nectarines
5. Strawberries
6. Celery
7. Tomatoes
8. Cucumbers
9. Chili Peppers
10. Potatoes
11. Spinach
12. Sweet Peppers (red, green or yellow)
13. Kale and leafy greens
14. Summer squash

*This list is from the Environmental Working Group.

Be sure to see the healthy tips section on how to clean your fruits and vegetables.





CONCINANDO CON SAZON... TROPICAL FRUIT SALAD (SERVES 4-6)

INGREDIENTS:

- 3 cups of strawberries, halved
- 2 cups of pineapple, cut in chunks
- 1 cup of papaya, peeled and diced
- 2 mangoes, peeled and diced
- 1/2 cup of shredded coconut
- ¼ cup of lime juice
- 2 large oranges, juiced
- 1 tablespoon of sugar (optional)



Combine cut fruit in large mixing bowl. If fruits are not in season or sweet to taste add sugar and mix. Squeeze the juice of 2 large oranges and ¼ cup of lime juice into bowl over fruit cover and let sit in refrigerator for 20 minutes. Once ready to serve sprinkle shredded coconut over top and enjoy.

Share your recipe with us! Email it to: kelly@afop.org or post it in our Facebook.

Healthy Tips!

HOW TO CLEAN YOUR FRUITS & VEGETABLES

- **WHAT YOU WILL NEED:**

- 1 c. water
- 1 c. white vinegar
- 1 tbsp. baking soda
- ½ lemon

- **HOW TO USE:**

Combine all ingredients in a large container. Transfer to a spray bottle with a pump. Spray mixture on produce and let sit for 5 minutes. Scrub and rinse fruit and vegetables thoroughly.



Share your healthy tip with us! Email it to: kelly@afop.org

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