Recipe Quick 'n Healthy!
OUR STORY SO FAR...

So...it finally HAPPENED...Carlos PROPOSED!

And even PAPI likes him! (...You know they work together in his painting business.)

WOW! Congratulations! You must be SO EXCITED!

We have some PARTIES to plan, girl!

By the way, is CARLOS still thinking about going to ART SCHOOL nights for his MURALS?

We’ll see, with the WEDDING and all... ...but he’s so TALENTED, I HOPE so!
A FEW WEEKS BEFORE THE BRIDAL SHOWER...

Rosa, you know we’ve talked about the environment and how it can affect our health?

Si, MAMI, I KNOW..., But can’t this WAIT? ...I’m planning my WEDDING!

MAMI, that has nothing to do with me, LEUKEMIA!

Now that you’re going to get MARRIED, mi hija, and maybe have CHILDREN you need to THINK AHEAD about these things and how to be HEALTHY.

Si, MAMI, I KNOW.... But can’t this WAIT? ...I’m planning my WEDDING!

Si, I have to run... PROMOTORAS never REST! “SIGH” It’s always “LATER”!

But you know, Amy told me about her daughter’s ASTHMA. Her pediatrician said the POLLUTION in their neighborhood might be related... ...Can we talk about this LATER? I’m bidding on the SHOES!

I just took this online course for my job called A STORY OF HEALTH. I learned a lot of new things about POLLUTION and DISEASES... ...Even LEUKEMIA, you know, CANCER!

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LATER, AT THE BRIDAL SHOWER

AMY! I’m so GLAD you’re HERE! Champagne?

Sparkling WATER for ME! No drinking while I’m pregnant!

Sarah brought her CHEESY CASSEROLE again. She needs to get healthy if she doesn’t want to have diabetes!

I’ll try to steer her toward the HEALTHIER food you cooked up with MAMI!

DON’T EAT IT! You’ve got to fit into that WEDDING DRESS!

Speaking of which, I learned how to make a tasty nopales salad — CACTUS! And your mom made a watermelon chili-lime soup — HEALTHY FOOD for you, mi amiga!

See recipes on p. 15!
So what are “Green Cleaning Products”? How can you TELL?

Hola! MAMI!

Hola! MAMI!

HOLA AMY! You’re due in a couple of months, sí? And you’re taking the FOLATE?

And don’t forget AMY, no painting the NURSERY while you’re PREGNANT! Or anything else in your house!

My college friend also told me that CHEMICAL FUMES cause a lot of HEALTH PROBLEMS, maybe even be a risk for LEUKEMIA!

“gasp” LEUKEMIA!?

TOXI... WHAT?!

OH! I hear you with your FRIENDS on the PHONE...

“MAMI says: No PAINT FUMES in the HOUSE!”

“My college friend also told me that CHEMICAL FUMES cause a lot of HEALTH PROBLEMS, maybe even be a risk for LEUKEMIA!”

“use GREEN CLEANING PRODUCTS!”

“NO SMOKING!”

YEAH! And “Make PAPI take off his STINKY WORK CLOTHES outside the HOUSE!” (They DO smell BAD!)

The SAFER CHOICE LABEL by EPA!

And don’t forget AMY, no painting the NURSERY while you’re PREGNANT! Or anything else in your house!
These pollutants have been linked to other problems like paying attention and learning... You know, Rosa, like your cousin AMELIA? Yes, she’s had a LOT of PROBLEMS in school.

Ava’s friend Brett has asthma TOO!

That makes me think of the NEWS recently about LEAD in the CITY WATER... Those POOR KIDS! they may end up with PROBLEMS like AMELIA!
Thinking is good! AMY, you just mentioned LEUKEMIA... Yes, is there MORE?

I learned that if a guy smokes even BEFORE he wants to have children, or works with lots of pesticide chemicals... That can INCREASE the risk for his child to have LEUKEMIA!

NO WAY!

...So ROSA, you have to make sure CARLOS quits SMOKING!

I know, I know, he says he will QUIT before the WEDDING — but SOONER would be BETTER!

And make sure he wears the MASK around PAINT FUMES and other CHEMICALS!

Yes! We’ll all gang up on him... Make it an INTERVENTION!
AMY, Are you thinking about MOVING AWAY from the HIGHWAY ...to a neighborhood with less NOISE and POLLUTION?

We can’t AFFORD to move yet. CHRIS is working with our neighborhood group to keep TRUCKS off our STREETS!

And I’ve talked to my NEIGHBOR about cutting back on the PESTICIDES she uses near our HOUSE. ...And how she can find SAFER ways to KEEP THE BUGS AWAY.

Good work!

Rosa, You’re so LUCKY to have your MOTHER and so many of your FAMILY here tonight, I wish I had such a BIG LOVING FAMILY.

You ARE family!

**marigolds = natural bug repellents!**
Andele! Let’s go DANCE and get some EXERCISE!

Ay MAMI! did you learn that in the COURSE, too?

NO mi hija, I saw it on my favorite TELENOVELA! ...Of course, I knew that from my work in the COMMUNITY...

Ay MAMI! did you learn that in the COURSE, too?

REMEMBER, stay healthy now and you’ll be llena de vida, FULL of LIFE when you’re old like me!

And have HEALTHY BABIES!
...I put together a FAMILY RECIPE BOOK that uses traditional and healthy ingredients as a WEDDING GIFT to Rosa and Carlos.

You’re a GOOD MAMI, ANA!

(It’s a SURPRISE, so don’t TELL HER!)
AMY, WAIT!

You know how I’m planning to go to art school, my friends and I love painting murals...

We’re working on one now for the community center...

I HEARD! What’s up?

I'm thinking to include a surprise MURAL for ROSA on our WEDDING DAY. But I need your HELP...

(It's a SECRET, so don’t tell her!)

Sure!

We need a THEME... Do you have any IDEAS?

DO!! Let me TELL you...
CARLOS unveils a special mural on the COMMUNITY CENTER wall across the street!

Look ROSA, it’s you! Oh CARLOS, it’s BEAUTIFUL

...And he included some HEALTHY LIVING ideas we talked about!

Healthy Family Recipe Book
Loving families are HEALING

Have a healthy community!

Avoid exposure to air pollution

Use SAFER CLEANING products

No smoking!

No PESTICIDES

Feed your family HEALTHY MEALS

Enjoy FRESH AIR and EXERCISE

Healthy families are HEALING!
WHAT YOU CAN DO

Are you concerned about the effects of the environment on your health? Then follow these few tips, and read A Story of Health eBook for lots more information.

https://wspehsu.ucsf.edu/for-clinical-professionals/training/a-story-of-health-a-multi-media-ebook/

PESTICIDES:

- Take your shoes off at the door so you don’t track in pesticides and other toxic chemicals.
- Don’t use pesticides sprays in your home or garden. Use traps and baits if necessary.
- Clean up food crumbs and spills and put away food that will attract unwanted insects and pests.
- Close up holes and cracks where insects are getting into the house.

AIR POLLUTION:

- Keep your house free from tobacco smoke.
- Limit outdoor activities when the air quality is poor.
- Check the “Air quality Index” at https://airnow.gov/index.cfm?action=aqibasics.aqi and download the app.

AVOID USING TOXIC CHEMICALS:

- Replace harsh chemical cleaners and other products with those that are less toxic. See the EPA Safer Choice label: https://www.epa.gov/saferchoice/learn-about-safer-choice-label
- If you work with paints, solvents, pesticides or other toxic chemicals, remove your outer workplace clothing before you enter the house, and launder separately.

PROTECT YOUR FAMILY FROM EXPOSURES TO LEAD:

- Do not let lead paint in your house flake or peel. Never sand it to remove, hire a professional.
- Flush your cold water tap for 1-2 minutes until it is noticeably colder after water has been sitting in pipes for 6 hours or more to protect yourself from lead that might leach from the water pipes. Do not cook with or drink water from the hot tap. Hot water can dissolve more lead.
- EPA’s “Protect your family from exposures to lead”: https://www.epa.gov/lead/protect-your-family-exposures-lead#homeleadsafe

HEALTHY EATING:

- Feast on fruits and vegetables as part of a healthy diet.
- Eat 8 to 12 ounces of a variety of fish each week from choices that are lower in mercury such as pollock, haddock, catfish and wild salmon. The nutritional value of fish is important during growth and development before birth, in early infancy for breastfed infants, and in childhood.
- EPA/FDA fish consumption guidelines: http://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm393070.htm

SOCIAL INTERACTION:

- Stay engaged with family, friends and community, it’s good for your health!

PHYSICAL ACTIVITY:

- Get active with daily physical activity, don’t be a couch potato!
TRY THESE HEALTHY RECIPES

CACTUS SALAD
This salad is fresh and festive. Use jarred cactus if you can’t find fresh.
Makes 4 servings. 1 ½ cups per serving.
Prep time: 15 minutes

INGREDIENTS
4 cups shredded green cabbage
2 fresh cactus leaves (about 1 cup),
   cleaned and finely chopped
4 thin slices white onion
4 radishes, thinly sliced
1 large tomato, chopped
1 serrano chili, seeds removed
   and finely chopped
2 tablespoons cider vinegar
1 teaspoon oil
1 teaspoon sugar

PREPARATION:
Mix cabbage, cactus, onion, radishes, tomato, and serrano chili in a medium bowl. Place salad on 4 separate plates. Stir together vinegar, oil, and sugar; drizzle over salad. Serve immediately.

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CHILLED WATERMELON SOUP
WITH CHILI AND LIME

This is a cool and healthy treat for a hot day.
Makes 6 servings.
Prep time: 15 minutes

INGREDIENTS
4 cups seeded watermelon chunks
2 tablespoons extra-virgin olive oil
1 small jalapeño pepper, seeded and chopped
1 teaspoon honey
1 teaspoon lime zest
3 tablespoons freshly-squeezed lime juice
1 teaspoon sea salt
10 ice cubes
1 tablespoon chopped fresh mint
6 sprigs fresh mint for garnish

PREPARATION:
Put the watermelon, olive oil, jalapeño, honey, lime zest, lime juice, salt, and ice cubes in a blender and process until smooth. Add the chopped mint and blend just until combined. Serve in glasses, garnished with the mint sprigs. This soup tastes best the day it was made.

Cook’s note: The ice cubes will chill the soup, so it can be eaten immediately. However, if you want it super chilled, cover and refrigerate for 1 hour before serving.

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