

## Drown a Germ!

### Did you know?

One of the most important things you can do to keep from getting sick is to wash your hands. Each time you touch something, you could be picking up germs. Some of these germs won't hurt you, but some of them can make you sick—especially if you put your hands on your face, in your mouth or in your eyes. You can also get sick if you get those germs on something that will go in your mouth, like food. Washing your hands is the best way to get rid of the germs that can make you sick.



### When should you wash your hands?

To keep your hands clean, you need to wash them many times each day. You should always wash your hands:

- ✎ after using the bathroom,
- ✎ before and after eating or touching food,
- ✎ after touching animals or animal waste,
- ✎ when your hands are dirty, and
- ✎ more often when someone in your home is sick.

### How should you wash your hands?

Washing your hands the right way helps to make sure that you get rid of the most germs. Here are the steps to wash your hands correctly:

- ✎ rinse your hands with warm water,
- ✎ add soap and rub your hands together to make a lather,
- ✎ keep rubbing your hands together for 20 seconds (about the time it takes to sing "Happy Birthday" twice),
- ✎ make sure you clean all parts of your hands (don't forget your thumbs and the backs of your hands),
- ✎ rinse your hands well with warm water,
- ✎ dry your hands with a paper towel or with an air dryer.

## Wash your hands often to stay healthy!



### Ask the Nutrition Specialist

**Q: Is a tomato a fruit or a vegetable?**

**A: Tomatoes are vegetables that are the fruit part of a plant, like cucumbers, peppers and eggplant.**

If you have a nutrition question that you would like answered or a topic you would like covered in a future edition of the Nutrigram, submit it to your chef or food service director.

**BALANCED CHOICES**  
for a healthy lifestyle

# GARLIC

cures more than just a bland tasting meal

- ★ Worshipped by ancient Egyptians ★
- ★ A strength-building agent for ancient Greek Olympic athletes ★
- ★ Thought to keep evil spirits and demons away ★

A potent and powerful member of the onion family, garlic is packed with phytochemicals ALLICIN and DIALLYL SULPHIDES. These sulfur-containing compounds have been shown to help lower total blood cholesterol and may help prevent stomach and colon cancers.

phytochemicals

antioxidants

diallyl sulphides

**SUPERFOODS**