



Stop Germs in Their Tracks With Proper Hand Washing



When the weather cools, people stay indoors more often. The number of colds and flulike symptoms begin to increase at this time of year. Did you know that proper hand washing is the single most important way to help prevent the spread of illness?

When should you wash your hands?

- Before, during and after preparing food
- Before eating food
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- Before and after caring for someone who is sick
- After blowing your nose, coughing or sneezing
- After touching an animal or cleaning up after a pet
- After touching garbage
- Before and after treating a cut or wound

Quick quiz:

What are the three "ingredients" you need to wash your hands?

Answer: Warm running water, soap and a way to dry your hands (clean towel, air dryer)

Is hand sanitizer a substitute for hand washing?

Washing your hands with soap and water is the best way to clean your hands. If water is not readily available, you can use an alcohol-based sanitizer with 60 percent alcohol. Be sure to read the directions to see how much to use. Rub the sanitizer all over your hands and between your fingers until your hands are dry.

4 Steps to Proper Hand Washing

- 1 Wet your hands with clean, running water and apply soap. (People often reach for the soap before wetting their hands.)
- 2 Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of hands, between fingers and under nails. Continue rubbing for at least 20 seconds. Sing the "Happy Birthday" song twice to time yourself.
- 3 Rinse your hands well under running water.
- 4 Dry your hands using a clean towel, paper towel or an air dryer.

Source: Adapted from materials available from The Partnership for Food Safety Education at www.fightbac.org and www.foodsafety.gov

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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My kids only eat prepackaged fruits and veggies for snacks. Do these snacks need to be washed before my kids eat them?

Read your way to food safety. Giving your kids healthful snacks is a big plus for them, but just because produce is wrapped doesn't always mean it's ready to eat as is. Read the label of your product to make sure it says: "ready-to-eat," "washed" or "triple washed." If it does, you're good to go. If it doesn't, wash your hands and then rinse the fruits or vegetables under running, cool tap water. Scrub firm items, such as melons and cucumbers, with a clean produce brush. Dry with a clean cloth towel or paper towel to further reduce germs that may be present.

■ For more information, check out www.fightbac.org.

FoodWi\$e Tip of the Month

School sports are back in swing, so fuel teens with high-quality food and beverages. You wouldn't put cheap gas in a high-quality car, so why put unhealthy fats and added sugars in your teen athlete's body? Choose high-quality calories from fruits, vegetables, whole-grain breads and cereals, low-fat dairy, lean protein and heart-healthy fats.



Kendra Weiss, Richland County

✽ Just for Fun ✽

Why shouldn't you tell a secret on a farm?
Because the potatoes have eyes and the corn has ears.

This recipe, courtesy of the Pennsylvania Nutrition Education Program, is a great way to use leftover cooked/baked/grilled chicken. The cost per serving is less than \$1.

Quick Chicken and Vegetable Soup

- 1 (16-ounce) can chopped tomatoes, reduced sodium
- 1 (14-ounce) can chicken broth, reduced sodium*
- 1 medium onion, chopped
- 1 c. chopped, cooked chicken
- 1 (10-ounce) package frozen mixed vegetables (peas, carrots, corn)
- ¼ tsp. thyme, optional
- ⅛ tsp. pepper



* You can make your own broth with bouillon and water.

Add tomatoes and broth to pot. Heat to boiling, then add chopped onion. Simmer about five minutes or until onion is tender. Add remaining ingredients, cover pan and cook for about 10 minutes, until vegetables are tender and chicken is heated through.

Notes: Use only fully cooked chicken to make this recipe. Package size of vegetables may vary by food brand; a little more or less of the ingredients will not affect the quality.

*Makes four servings.
Each serving has 140 calories,
1.5 grams (g) fat, 16 g protein,
15 g carbohydrate, 5 g fiber
and 370 milligrams sodium.*

Menu idea:
Quick Chicken and Vegetable Soup, cornmeal muffins, apple slices with cinnamon, low-fat or fat-free milk

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Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

