

# WARM AND SOAPY.

Why do you wash your hands? Because the germs on your hands **can make you sick**. And because washing your hands regularly is **the single best way to avoid illness**. But you can't wash the dirt and germs away with water alone – **you need warm water AND soap to rinse away bacteria**. Regular hand soap doesn't actually kill germs, but it makes them

**"slippery"** so the warm water can easily slide the germs right off your hands. **So soap up your hands, pull them out of the water stream, and rub them all over for at least ten or fifteen seconds, and then rinse off thoroughly**. If you're in a public place, be careful not to touch anything after you've rinsed – use a paper towel (or your elbow) to turn off the water and open the door.



the big number

# 85

In a 2010 observational study, 85% of American adults washed their hands after using a public restroom.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

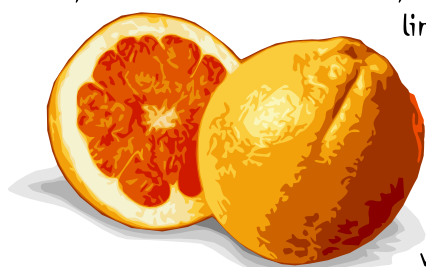
“WARM AND SOAPY”

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### CITRUS

The U.S. citrus growing season runs from November to June, so citrus fruits – lemons, oranges, grapefruit, limes, and all the



variations, like clementines and tangerines – are at their juiciest and sweetest when the weather is coldest.

## LIVE HEALTHIER

Every vitamin does something special for your health.

Vitamin C boosts your immune system and helps keep your gums healthy. Good sources of vitamin C (besides OJ) include broccoli, red peppers, papaya, cauliflower, and strawberries.



## LEARN EASIER



The amount of time that kids can focus on homework increases with age. A teenager might be able to stay on task for an hour or two, but a first grader may max out at 15 minutes. Regular breaks can keep a kid of any age focused and productive.

## PLAY HARDER



Hiking is great exercise, no matter where you do it. Are there snow-capped peaks or rushing mountain streams nearby? Go for it! But hiking is just as fun and just as good for you at your local park or reservoir or anywhere else where there's even a small plot of open land and a little bit of daylight. And hiking is an activity that the whole family can enjoy any time of year – in fact, a vigorous hike feels even better when the weather is chilly!

## Just one thing . . .

As we've been telling you for over a year now, all meals are no charge for all students every school day all year long. But, to clear up any confusion, we need to remind everyone that that means every student can get one free meal at breakfast and one at lunch every day. What that doesn't mean is that we're now an all-you-can-eat buffet. According to the regulations we have to follow, we can only feed you one no-cost meal at each meal time. So one free breakfast. One free lunch. For every student. Every day. All year long. We hope you're taking advantage of this great program, and, trust us, we love seeing your smiling face – twice a day.

**School Meals**  
*We serve education every day™*