

FAMILY NEWSLETTER

HAND WASHING

When beginning Grow It, Try It, Like It! nutrition education, focus on proper handwashing. Before beginning each activity with food, children will wash their hands with supervision. Young children need to learn to be clean when handling food for their safety as well as the safety of others.

Practice good wash washing by following these directions.

- Wet hands using warm running water
- Lather with soap up to the elbows
- Rub hands together for 20 seconds or about the length of time it takes to sing “Happy Birthday” twice.
- Scrub backs of hands, wrists, between fingers, and under fingernails.
- Rinse under warm running water.
- Dry with paper towels.



When should you wash?

—

Before, during and after
prepping food

—

Before eating food

—

After using the toilet

—

After blowing your nose,
coughing, or sneezing

—

After touching an
animal, animal feed, or
animal waste

—

After touching garbage