GERM WARFARE.

The folks who work in your school restaurant wash their hands all the time! And YOU should wash your hands anytime you think they might be dirty. It's one of the easiest ways to fight germs and stay healthy! Here are a few more good ideas:

FOOD SAFETY

Never eat a burger that's juicy pink, and try not to leave any food sitting out that should be in the fridge.

PET PRECAUTIONS

Pets can be pretty gross! So always try to wash your hands after petting the family pooch, cat, or goldfish!

COVERING UP

Always cover your mouth when you cough or sneeze (or sneeze into your arm) . . . and then wash your hands!

the big number

21

Research shows that when people learn about and practice regular handwashing, common colds decrease by up to 21%.

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! "GERM WARFARE"

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!

MELON

You only eat the inside of a melon, so why bother washing it before you cut it? GERMS, THAT'S WHY!!! Although it's not likely, the unwashed skin of any melon can contain nasty bugs — which you can transfer to the flesh inside via the knife, your hands, or the cutting board.

LEARN EASIER

When kids miss the bus because they're sick, they miss more than just fun: the number of days absent correlates closely with lower test scores. So wash your hands to learn easier!

PLAY HARDER

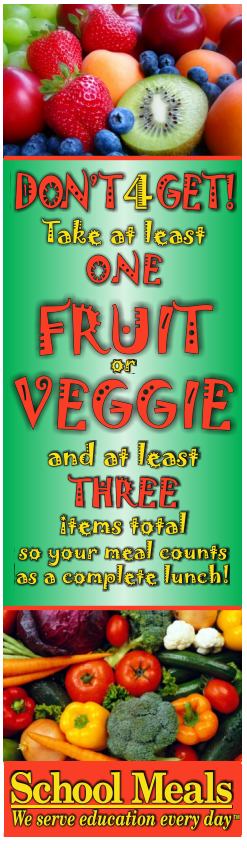
Working out is good for you. But gym germs aren't! Germs thrive in warm, moist environments, so washing your hands before and after (and maybe during?) an exercise session is a prudent way to keep yourself in the game!

LIVE HEALTHIER

The modern concept of good hygiene began with this man: Ignaz Semmelweis. Born in Hungary in 1818, Semmelweis became a doctor specializing in delivering babies. At the time, having a baby was extremely dangerous for women, many of whom died from infections caused by what was known as "childbed fever." Doctor Semmelweis demonstrated that regular handwashing could cut the death rate to near zero. Despite this success, Semmelweis was ridiculed and disbelieved by the medical establishment, and regular handwashing didn't become standard practice among physicians for many years.

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers.

Did you know: All food sold at schools (not just school meals) must meet criteria for whole-grain content, calories, sodium, fat (including saturated fat and trans fat), and total sugar.



This newsletter is provided as a wellness resource by our school system's School Meals Program