

Nutrition Byte

Wash Your Hands

Handwashing is one of the best ways to protect yourself, your family, and others from getting sick.

When should you wash your hands? Wash hands often. Here are key times:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After you blow your nose, cough or sneeze
- After touching an animal, its feed or waste
- After touching garbage

How should you wash your hands?

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Lather hands by rubbing them together with soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. (Hint: Sing the "Happy Birthday" song.)
4. Rinse hands well under clean, running water.
5. Dry hands with a clean towel or air dry them.

If you don't have access to soap and water, use a hand sanitizer with at least 60% alcohol, until you can wash your hands.

LUNCH Menu for December 2020

	Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4
	Hot Dog with Bun Nachos Pineapple Milk & juice	Crispito Refried Beans Apple Slices Milk & juice	Pizza Pocket Baby Carrots Broccoli Mixed Fruit Milk & juice	Walking Taco Corn Peaches Milk & juice
Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11
Mini Corn Dogs Green Beans Pineapple Milk & juice	Popcorn Chicken Bowl Potatoes Gravy Corn Apple Slices Milk & juice	Cheeseburger Green Beans Mixed Fruit Milk & juice Cookie	Chicken Fried Steak Wheat Roll Potatoes Corn Milk & juice	Pepperoni Pizza Baby Carrots Peaches Milk & juice
Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
Corn Dogs French Fries Mixed Fruit Mustard Ketchup Milk & juice	Crispito Refried Beans Apple Slices Milk & juice	Pizza Pocket Baby Carrots Broccoli Mixed Fruit Milk & juice	Walking Taco Corn Peaches Milk & juice	CHEF'S CHOICE DAY
Monday, December 21	Tuesday, December 22	Wednesday, December 23	Thursday, December 24	Friday, December 25
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	 <p>Wash hands with soap and water for 20+ seconds each time</p> <p><small>©NCDHHS • #COVID19NC</small></p>

CANADIAN PUBLIC SCHOOLS

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