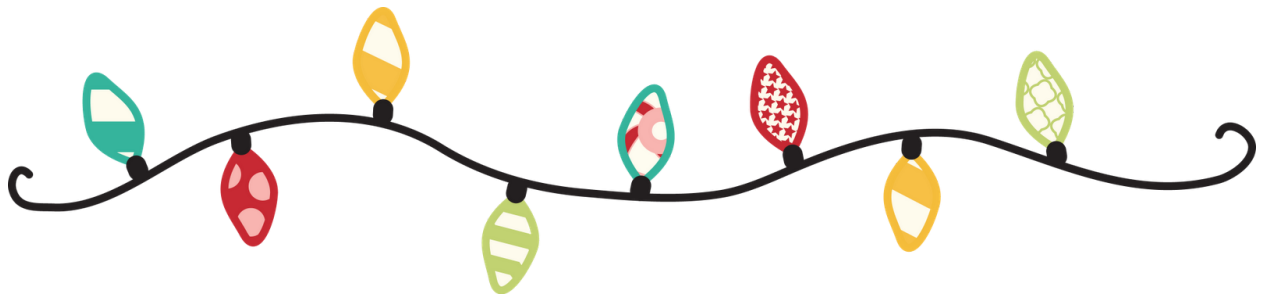


## DECEMBER IS HAND HYGIENE AWARENESS MONTH AND CALORIC INTAKE AWARENESS MONTH. HOW FITTING!

Handwashing with soap and water for 20 seconds is not only simple and inexpensive, but also can dramatically reduce the number of young children who get sick. Teaching kids about hand washing, helps them and their communities to stay healthy.

Handwashing education in the community can:

- Reduce the number of people who get sick with diarrhea by about 23–40%
- Reduce absenteeism due to gastrointestinal illness in schoolchildren by 29–57%
- Reduce diarrheal illness in people with weakened immune systems by about 58%
- Reduce respiratory illnesses, like colds, in the general population by about 16-21%
- Reduce the spread of COVID 19 and Influenza.



### HOW CAN YOU CURB WEIGHT GAIN DURING THE HOLIDAYS?

1. Be active with family & friends.
2. Snack wisely.
3. Watch your portion sizes.
4. Practice mindful eating.
5. Get plenty of sleep.
6. Control your stress levels.
7. Balance meals with protein.
8. Focus on fiber.
9. Cut back on taste testing.
10. Bring a healthy dish to share.
11. Limit your dessert intake.
12. Limit liquid calories.
13. Use a smaller plate.
14. Modify your recipes.
15. Weigh yourself regularly.
16. Use the buddy system.
17. Avoid processed foods.
18. Plan ahead.
19. Skip seconds.
20. Set limits and stick with it.

