

## 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?

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