



## Use these Vermont products in your snack program this month:

Apples  
Beets  
Brussel Sprouts  
Cabbage  
Carrots  
Celeriac  
Garlic  
Kale  
Onions  
Parsnips  
Potatoes  
Pumpkins  
Radishes  
Rutabaga  
Turnips  
◀ Winter Squash



Farmers store root crops year-round. If you need assistance locating these products, see the Resource section.



## Other December Celebrations

Universal Human Rights Month  
[un.org/en/rights/index.shtml](http://un.org/en/rights/index.shtml)

World AIDS Day  
[www.worldaidsday.org](http://www.worldaidsday.org)

## Celebrating...

# NATIONAL HANDWASHING AWARENESS WEEK

This month, celebrate National Handwashing Awareness Week and promote healthy, lifelong habits. Teaching kids to wash their hands before eating, after going to the bathroom, and throughout the day can help cut down on foodborne illness and bacteria, as well as common cold and flu. Starting a habit of hand washing can help children maintain health and well-being throughout their lives as they interact with people, places, and animals. More information at: [cdc.gov/features/handwashing](http://cdc.gov/features/handwashing).

## Safety & Hygiene Tips for Cooking with Kids

- **Hand Hygiene:** Wash hands with soap and warm water before touching any food or utensils. Gloves are not required if the food you are preparing will ultimately be cooked, but they are recommended if the food will be served raw.
- **Clean, Safe Cooking Space:** Make sure work surfaces are wiped down and prepare work stations ahead of time with ingredients and proper tools. Encourage sneezing into arms instead of hands; stress the importance of not touching your face, hair, etc. once hands are clean.
- **Work in Small Groups:** Divide into 4-5 person groups and give each child a task - chopping, washing, stirring, or measuring. Every task can be exciting!
- **Knife Safety:** Be careful with knives and other sharp tools such as graters and peelers. Instill the importance and responsibility that comes with handling knives and kitchen equipment. Teach children the proper ways to hold, wash, carry, and store these tools. Most children take this responsibility very seriously.
- **Clean-Up:** Cleaning up is an important part of the cooking process and kids may love using a mop or dustpan as much as they love the food preparation. But save cleaning until the cake is in the oven!
- **Taste Testing:** Have students taste the food they are preparing. Encourage the practice of trying new things, but never force anyone to eat something against their will. Try offering the option of a “No, thank you” bite if someone is really hesitant to taste the food. Also keep cleanliness in mind when tasting food – use clean tasting utensils to prevent contamination.

ACTIVITIES  
forNATIONAL HANDWASHING  
AWARENESS WEEK

- ★ **Practice hand washing:** Have kids get their hands soapy, sing Happy Birthday twice while scrubbing hands, and then wash hands off with clean, warm water.
- ★ **Good germs:** Discuss the bacteria and microorganisms that live in soil and the good and bad effects they can have on us and our food.
- ★ **Cook together:** Get kids into the kitchen to help prepare a snack or meal. Explain the importance of washing hands before working with food and how bacteria or germs can be transferred between foods.
- ★ **Glitter germs:** Put a small sprinkle of glitter into each child's hands, have half of the students wash with soap and half without. Then compare which group's hands are cleaner. Then put a small amount of glitter on your own hands and demonstrate how easily "germs" spread by touching people and things around the room.
- ★ **Squeaky clean art:** Put a small sprinkle of glitter into each child's hands, have half of the students wash with soap and half without. Then compare which group's hands are cleaner. Then put a small amount of glitter on your own hands and demonstrate how easily "germs" spread by touching people and things around the room.

## Handwashing Facts

- It is estimated that if everyone washed their hands regularly, one million deaths could be prevented each year.
- We have 2 to 10 million bacteria between our fingertip and elbows.
- Germs can stay alive on your hands for up to 3 hours.
- Fingernails harbor more germs than the rest of your hands.

Facts from: [cdc.gov/healthywater/hygiene/fast\\_facts.html](https://www.cdc.gov/healthywater/hygiene/fast_facts.html)

## SNACK bites

Read books about food, nutrition, and the body so children can better understand the positive effects of a healthy lifestyle. The following books are fun to read and provide lots of information of the processes and functions of our bodies:

- "The Monster Health Book: A Guide to Eating Healthy, Being Active, & Feeling Great for Monsters and Kids" by Edward Miller teaches kids about healthy eating and basics of food nutrition. It also discusses the effects of foodborne illness, diseases, sleep, and exercise as part of a healthy lifestyle.
- "Good Enough to Eat: A Kid's Guide to Food and Nutrition" by Lizzy Rockwell is a hands-on book explaining the health and nutrition of all kinds of foods.
- "The Magic School Bus Inside the Human Body" by Joanna Cole chronicles a journey inside our digestive system, and the effects of food on our bloodstream, heart, and brain.

See **RECIPE** section for more ideas

## Resources

- [healthreachchc.org/news/healthTip.php?!DT=39](https://healthreachchc.org/news/healthTip.php?!DT=39)
- [healthymeals.nal.usda.gov/resource-library/food-safety/hand-washing](https://healthymeals.nal.usda.gov/resource-library/food-safety/hand-washing)
- [kidshealth.org/parent/general/sick/hand\\_washing.html](https://kidshealth.org/parent/general/sick/hand_washing.html)
- [greenmountainfarmtoschool.org/wp/wp-content/uploads/Safety-Tips-for-Cooking-with-Kids.pdf](https://greenmountainfarmtoschool.org/wp/wp-content/uploads/Safety-Tips-for-Cooking-with-Kids.pdf)