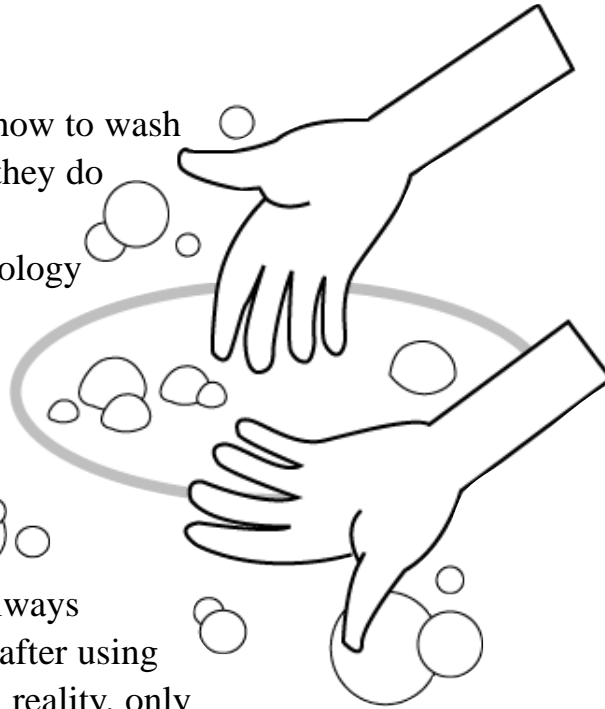




National Clean Hands Week.

September 19-26, 2004

Most people know how to wash their hands, but do they do it? The American Society for Microbiology conducted a survey of adults. Ninety-seven percent of the women and ninety-two percent of the men said they always washed their hands after using public restrooms. In reality, only seventy-five percent of the women and only fifty-eight percent of the men were observed doing so.



How to Wash your Hands

Wash hands with soap under warm running water for at least 20 seconds.

- Wash hands thoroughly, paying special attention to germs that may be trapped under nails and in crevices.
- Rinse well to remove all traces of soap.
- Dry hands with a clean towel or paper towel.
- Allow hands to dry thoroughly after washing before coming contact with anything.

When to Wash Your Hands

Before and after:

- preparing and serving food
- preparing meat, poultry, and fish
- feeding an infant
- eating or drinking
- changing diapers

After:

- using the bathroom
- sneezing, coughing and wiping a runny nose
- coming into contact with body fluids

Poor handwashing practice is a major way cold and other germs are passed from one person to another. The U.S. Center for Disease Control estimates 40 percent of foodborne illness results from poor hand washing practices.

Washing your hands correctly and often is a great simple way to stay healthy.

September is 5-A-Day Month

The theme this year is "Lead the Way: Choose Fruits, Vegetables and Physical Activity" The Food Guide Pyramid recommends 2 to 4 servings of fruit and 3 to 5 servings of vegetables everyday.

Research has shown that people who regularly eat at least 5 to 10 servings of fruits and vegetables a day significantly reduce their incidence of cancer and cardiovascular disease. This may definitely be a case where more is better.

Fruits and vegetables contain vitamins, minerals, fluid and fiber. These are all important in the fight against many chronic and debilitating diseases. Fruits and vegetables also contain phytochemicals (plant chemicals) that are thought to help in the fight against disease.

Fruits and vegetables add color, texture, and taste to meals. Fruits and vegetables can be used in every meal and in every part of the meal. They can be used in appetizers, salads, side dishes, main dishes and dessert. They should be a tasty part of breakfast, lunch, dinner and snacks.

Vegetable Soup

- 3 carrots, finely chopped
- 1 28-ounce can of tomatoes
- 1 head cabbage, shredded
- 6 beef bouillon cubes, dissolved in 6 cups of boiling water
- 2 ribs celery, finely chopped
- 1 onion, chopped

Place vegetables in a large pot with tomatoes, water and bouillon. Bring to a boil and simmer, covered, until thick, about 45 minutes. Season to taste with pepper. Makes 8 one-cup servings.

Per serving: 77 calories, 1 g. fat, trace cholesterol, 572 mg. Sodium, 3.4 g. fiber.

To reduce the amount of sodium, choose low-sodium bouillon or make your own broth.

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