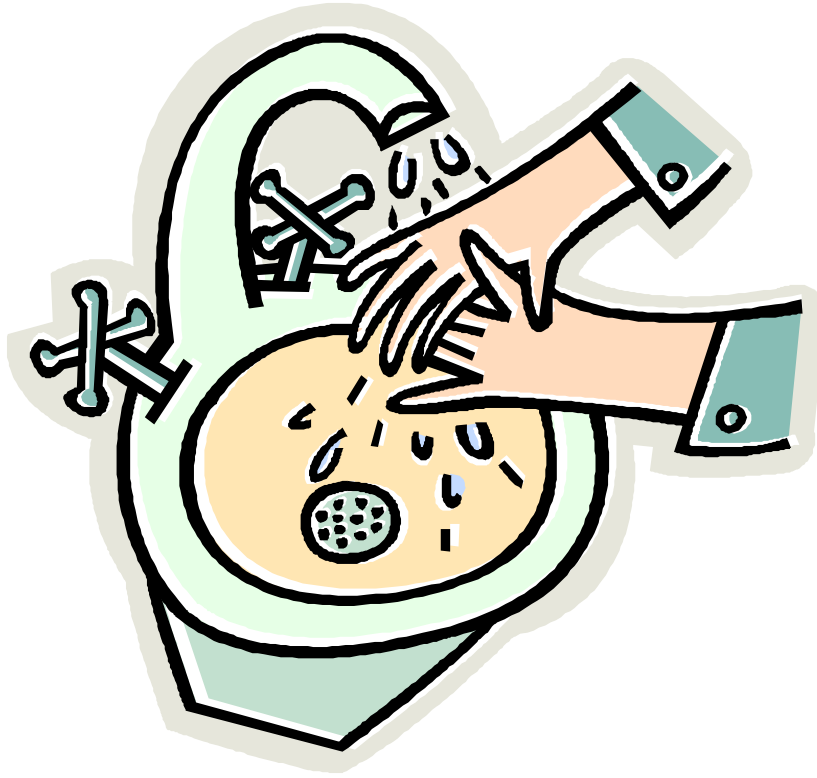


D.I.Y. VACCINATION.

It's the do-it-yourself vaccine that can help keep you healthy! Regular handwashing is a simple, effective way to **keep the germs away and keep you on your feet**. Washing your hands is **especially important** after using the bathroom, handling money, petting a dog or a cat, or blowing your nose or sneezing; before eating; and before, during, **AND** after



the big number

53

In one study, only 53% of middle and high school students washed their hands after using the bathroom at school.

preparing food. **Plain soap and warm water work just fine**, but be sure to use warm water and rub your hands all over front and back for 20 seconds. If you can't get to a sink, waterless hand sanitizers will do in a pinch -- **carry a small bottle or a package of wipes or towelettes in your locker, purse, car, backpack, and sports equipment bag**.

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

This institution is an equal opportunity provider.

WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"D.I.Y. VACCINATION"

EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

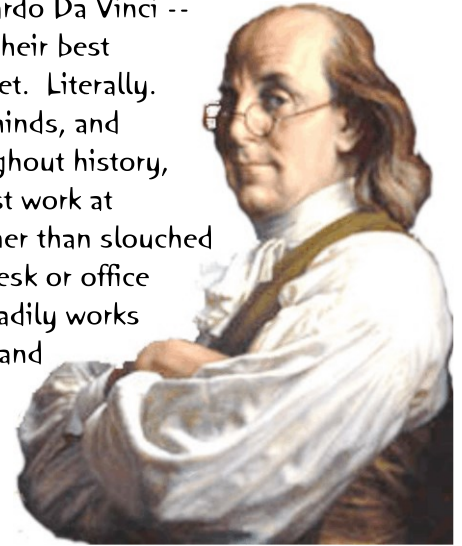
KIWI

Kiwi is juicy and flavorful and delivers more vitamin C than an equal amount of orange. But, just as you should wash your hands, you should wash vegetables and fruits, too. Simply rinse with cold water, and don't use soap. And by the way, you can eat your washed kiwis skin and all, just like an apple!



LEARN EASIER

Great thinkers, statesmen, writers, and inventors -- including Ben Franklin, Thomas Jefferson, Winston Churchill, Virginia Wolff, Ernest Hemingway, Charles Dickens, and Leonardo Da Vinci -- have done a lot of their best thinking on their feet. Literally. All of these great minds, and many others throughout history, have done their best work at standing desks rather than slouched in a conventional desk or office chair. Standing steadily works your core muscles and promotes better circulation, so you look, feel, think, and LEARN better!



LIVE HEALTHIER



When you wash your hands in a public restroom that isn't "hands-free," use the towel you dry your hands with to turn off the faucet and turn the door handle. Frequently-touched faucet handles can harbor more than 200,000 germs per square inch!

PLAY HARDER

There's a reason why kids like to spin in circles, roll down hills, be flung around by their arms, and ride on spinny rides. First of all, it's fun! But these kinds of movements also develop certain cells in the inner ear that help promote balance, vision, and the ability to focus and pay attention. So that kind of play pays off in the classroom!



First things First



BREAKFAST @SCHOOL

For first-class learning!



Featuring Healthy Fruits & Grains!

School Meals

We serve education every day

Over the last decade or so, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter to keep you posted on these changes and much more!



DON'T 4GET!

Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



School Meals

We serve education every day

This newsletter is provided as a wellness resource by the Stephens County Nutrition Program.