



Healthy Kids

LSU AgCenter Nutrition Programs Newsletter

Clean Hands Will Keep Food Safe

It is important to know about handwashing and food safety because food that goes bad can make you sick. This is called food poisoning, or foodborne illness. Sometimes when you think you have the flu or a virus, you may have a foodborne illness.

First, keep your hands clean. Even if your hands look clean, they may carry a lot of germs (or bacteria). Germs are everywhere, and they can make you sick! If you wash your hands really well with warm soapy water, you can get rid of germs.

Germs from dirty hands can get on foods and grow. You cannot see, smell or taste germs on foods.

Here are some foods that germs like best:

- Meat
- Eggs
- Milk and other dairy products
- Seafood
- Fruits
- Vegetables



Always wash your hands:

Before

- Eating a meal or snack
- Handling food

After

- Using the bathroom
- Touching a pet
- Coughing or sneezing into your hands
- Combing your hair
- Blowing your nose
- Handling garbage

Parents' Corner

Help your child learn good handwashing habits:

★ While washing hands, count slowly to 30 or sing Happy Birthday twice or sing the Alphabet Song. This will make hand washing fun and long enough.

★ Hang a handwashing reminder by the toilet.

★ Follow good hand washing techniques yourself! Your child will watch and follow what you do.



Try this fun activity with your child to show why good hand washing takes three things: warm water, soap and rubbing your hands for 30 seconds.

1. Mix vegetable oil with cinnamon in a small bowl.
2. Rub the mixture on your hands, and let your child do the same thing.
3. Wash hands together. Try four different ways:
 - a. Cold water only
 - b. Cold water and soap
 - c. Warm water and soap for 10 seconds
 - d. Warm water and soap for 30 seconds
4. Talk about it. What does it take to get all the cinnamon off the hands? Cinnamon is not harmful, and you can see it. Pretend that the cinnamon represents germs. You can't see the germs, so you must wash your hands right!

Resources:

1. Nibbles for Health: The ABC's of Hand Washing, USDA, FNS
2. Keep Your Food Safe, FDA, July 2002

In accordance with Federal Law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, nationality, origin, sex, age, religion, political beliefs or disability.

To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-VV, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Visit our Web site: www.lsuagcenter.com

Made available by:

Catrinel Stanciu, DDS, MS, Extension Associate, and
Heli Roy, Ph.D., R.D., Associate Professor

July 2005

Louisiana State University Agricultural Center

William R. Richardson, Chancellor

Louisiana Agricultural Experiment Station

David J. Boethel, Vice Chancellor and Director

Louisiana Cooperative Extension Service

Paul D. Coreil, Vice Chancellor and Director

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.

This material was partially funded by USDA's Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more, contact your parish agent.