

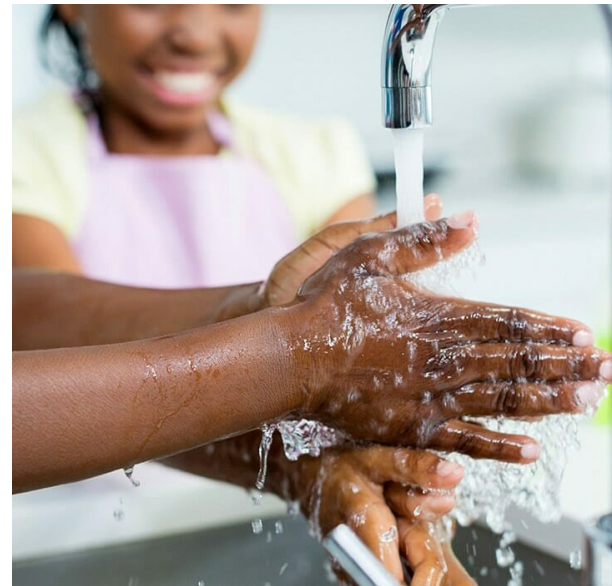
WINTER QUICK TIPS

Building Healthy Habits: Food and Community Nutrition



Wash Your Hands to Stop the Spread of Germs!

When to wash your hands: after you use the bathroom, before you eat or make food, after playing with pets, after sneezing, coughing, or blowing your nose, and when you come home from school or work.



How to wash your hands:

Wet your hands with clean running water and apply soap; lather your hands by rubbing them together, then later the backs, your fingers and under your nails, scrub your hands for 20 seconds. Time yourself by humming “Happy Birthday” twice, then rinse your hands under running water and dry hands with a clean towel or air dryer.



**Cornell
Cooperative
Extension**

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Black Bean Soup

Makes 12 servings

Ingredients

- 1 tablespoon vegetable oil
- 1 small onion chopped (about 1 cup)
- 4 cloves garlic minced or 1 teaspoon garlic powder
- 1 can (15 oz) diced tomatoes
- 4 cups black beans (2-15 ounce cans)
- 2 potatoes, peeled and diced
- 4 cups water
- 1/2 cup fresh cilantro, chopped
- 1 tablespoon cumin
- 1/3 cup lime juice or juice from 1 lime
- Hot sauce to taste

Directions:

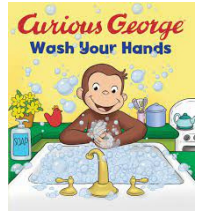
1. Wash hands with soap and water
2. Heat oil in a large pot over medium-high heat. Sauté the onion for 2 minutes. Add the garlic and tomatoes and cook for 2 minutes. Stir often.
3. Add the beans, potatoes, and water. Bring to a boil; then reduce to medium-low heat. Cover and cook for 20 minutes.
4. Add the cilantro, cumin, lime juice and hot sauce, if desired. Stir and cook for 10 minutes. serve hot.
5. Refrigerate leftovers within 2 hours.

Nutrition Facts for 1 cup: 130 calories, 0g saturated fat, 0g trans fat; 0mg cholesterol, 200mg sodium, 24g total carbohydrates, 7g dietary fiber, 0g added sugars, 6g protein, 0mcg Vitamin D, 56mg calcium, 2mg iron, 512mg potassium

Source: FoodHero.org

Kids Corner

Visit your local library and with your child, check out “Curious George: Wash Your Hands” by H.A. Rey. this book helps explain to preschoolers why it is important to wash your hands and how to do it. After reading the book, practice handwashing with your child.



MEET YOUR EDUCATOR:

Jen Reardon
EFNEP Regional
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Helpful Hints

Cut the sodium in canned vegetables by rinsing them well before using.



<http://www.facebook.com/adoptinghealthyhabits>



Adopting Healthy Habits

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