

Facts Page

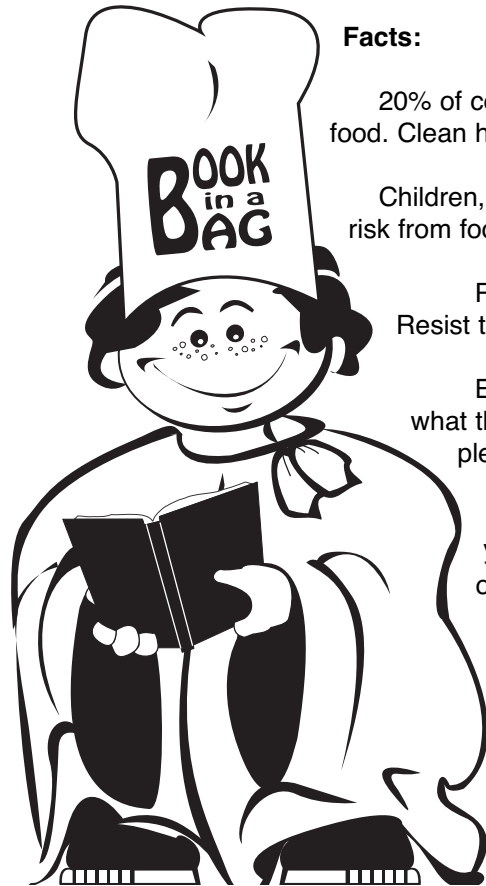
Let these germ and handwashing facts help enhance your lesson.

Handwashing is the foundation of food safety and good health.

How to wash hands to make them clean—adapted from Safe Food for Children, K-State Research and Extension, 1994.

When we wash our hands correctly we reduce the chances of getting sick. Washing hands helps us stay healthy.

- Use warm water and soap to create a sudsy lather on your hands.
- Rub hands together for twenty seconds—about the time it takes to sing the “ABC” song.
- Wash hands thoroughly. Be sure the soap suds get in between fingers and around finger nails.
- Rinse the suds off your hands with warm water.
- Finally, dry hands completely on clean paper towels.



Facts:

20% of consumers don't wash hands and kitchen surfaces before preparing food. Clean hands and surfaces are the first step in safe food handling.

Children, who don't have fully developed immune systems, may have a greater risk from food borne illness.

Raw cookie dough or unbaked cake batter can carry food borne illness. Resist the temptation to sample goodies before they are baked!

Encourage children to close the refrigerator door promptly after getting what they want. Holding the door open unnecessarily or not closing it completely can cause the food inside to be unsafe.

Wash fresh fruits and vegetables thoroughly – even the peels you don't plan to eat. This keeps dirt and chemicals off our hands and out of our mouths!

When should I wash my hands?

After going to the bathroom

After blowing my nose or coughing

After playing with my hair

After playing with my pets,

or touching their food

After using the computer

Before I eat meals or snacks

Before setting the table

Before touching clean dishes

Before helping with cooking



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