Handwashing

1. Wet hands.
2. Soap.
3. Lather for 20 seconds.
   (About as long as it takes to sing the Happy Birthday or the Alphabet song twice.)
4. Rinse.
5. Air dry hands or use paper towels.
6. Turn taps off with paper towel if available.

Always Wash Your Hands:

• Before and after touching food.
• After using the washroom.
• After sneezing, coughing or blowing your nose.
• After touching pets or handling garbage.
• After outdoor activities.

Family Nutrition Education Programs
Nutrition and life skills to Missouri families

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp. For more information call MU Extension’s Show-Me Nutrition line at 1-888-515-0016.

Kangaroo Jump 1: Pyramids for Health - 33
Reprinted by University of Missouri Extension with permission from Michigan State University Extension

New 5/07; Reviewed 5/09/WEB