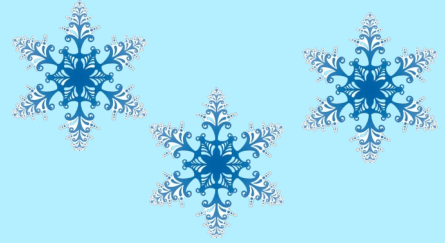


# Tidbit Times

January 2020



**Keep your kids safe this winter by teaching them proper hand hygiene!**

## When?

- Before eating and cooking
- After using the bathroom
- After cleaning around the house
- After touching animals, including family pets
- After blowing one's nose, coughing, or sneezing
- After being outside (playing, gardening, walking the dog, etc.)

## How?

1. **Wet your hands** with clean, running water.
2. **Use soap** and lather up for about 20 seconds
3. Make sure you get **in between your fingers**.
4. **Rinse and dry** well with a clean towel.

Source: kidsheath.org



**Help make sure your kids get their vitamin C this winter!**

4 cups orange juice, pulp free and not from concentrate

1/4 cup honey

1 cup Greek yogurt

2 teaspoons orange zest (from about 1 large orange)

1 1/2 teaspoons pure vanilla extract

Kosher salt

1. Bring the orange juice and honey to a simmer in a wide saucepan, whisking occasionally, over medium-high heat. Cook until reduced to 2 cups, about 25 minutes. Let cool completely.
2. Add the orange-honey mixture, yogurt, orange zest, vanilla and a pinch of salt to a blender and puree until smooth. Pour into the pop molds. Freeze until set, at least 4 hours or overnight.
3. To serve, take a pop from the freezer, run it under warm water and unmold.

Source: foodnetwork.com



## What is frostbite?

Frostbite is an injury caused by freezing of the skin and underlying tissues.

### Symptoms

- At first, cold skin and a prickling feeling
- Numbness
- Red, white, bluish-white or grayish-yellow skin
- Hard or waxy-looking skin
- Clumsiness due to joint and muscle stiffness
- Blistering after rewarming, in severe cases

### Prevention

- Limit time outdoors in cold or windy weather
- Dress in several layers of loose, warm clothing
- Watch for signs of frostbite
- Keep moving
- Wear socks that fit well
- Wear mittens rather than gloves
- Wear a hat that fully covers your ears

Source: mayoclinic.org



## Color Me!



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