Handwashing with soap removes germs from hands. This helps prevent infections because:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through these parts of our body, making us sick.
- Germs from unwashed hands can get into foods and drinks while people prepare or consume them.
- Germs from unwashed hands can be transferred to other objects like handrails, table tops, or toys, then transferred to another person’s hands.

Happy Holidays!!

PATCH Offices will be closed on December 26th & January 2nd

We hope you all have a safe and Happy Holidays
What did one snowman say to the other snowman?

Do you smell carrots?

REDDING THE RISK OF CHOKING IN YOUNG CHILDREN AT MEALTIMES

Children under the age of 4 are at a high risk of choking while eating. Young children are still learning how to chew food properly, and they often swallow the food whole. Their small airways can become easily blocked.

You can help reduce children's risk of choking when eating by preparing food in certain ways, such as cutting food into small pieces and cooking hard food, like carrots, until it is soft enough to pierce with a fork. Remember, always supervise children during meals and snacks.

INGREDIENTS
- 1 CAN PINEAPPLE CHUNKS (IN JUICE, 20 OZ., DRAINED)
- 1 1/3 CUPS MANDARIN ORANGE (DRAINED)
- 1 BANANA (PEELED & SLICED)
- 1 1/2 CUPS GRAPE (SEEDLESS)
- 3/4 CUP MARSHMALLOWS (MINIATURE)
- 1/3 CUP COCONUT (FLAKED)
- 1 CUP VANILLA YOGURT, LOW-FAT (8 OX.)

Directions
1. Drain pineapple & oranges
2. Combine fruits with marshmallows & coconut
3. Fold in yogurt
4. Chill
5. Serve

For more information, see FNS.USDA.gov.