



December Newsletter

PATCH Food Program



NATIONAL HANDWASHING AWARENESS WEEK

DECEMBER 4 - 10



Wet your hands with clean, running water, and apply soap.



Lather your hands by rubbing them together with soap.



Scrub your hands for at least 20 seconds.



Rinse hands well under running water.



Dry hands using a clean towel or air drying them.

cdc.gov/handwashing 

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



Ambrosia

INGREDIENTS

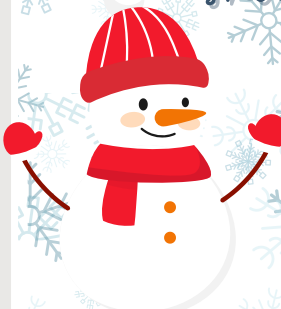
- 1 CAN PINEAPPLE CHUNKS (IN JUICE, 20 OZ., DRAINED)
- 1 1/3 CUPS MANDARIN ORANGE (DRAINED)
- 1 BANANA (PEELED & SLICED)
- 1 1/2 CUPS GRAPE (SEEDLESS)
- 3/4 CUP MARSHMALLOWS (MINIATURE)
- 1/3 CUP COCONUT (FLAKED)
- 1 CUP VANILLA YOGURT, LOW-FAT (8 OX.)

Directions

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



What did one snowman
say to the other
snowman?



Do you smell
carrots?



REDUCING 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.

Cut Tube-shaped Foods Into Smaller Pieces

Cut tube-shaped foods, such as baby carrots, string cheese, hot dogs, etc., into short strips rather than round pieces.



In addition to the foods listed, avoid serving foods that are as wide around as a nickel, which is about the size of a young child's throat.

