

**PENNY SAVER NEWS**

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The big yellow buses are on the road, the children are off to school again.

Whew, you survived another summer! Don't let your guard down now though. Your child is exposed to dozens of other children on the bus, in the halls and lunchroom as well as in the classroom. So now's the time to make an extra effort to train children how to practice good hand safety and cleanliness. You don't want them or yourself in bed with a cold, flu or other infection carried home on dirty hands.

Sometimes just thinking about all the high-fives going on between friends, the backpacks forgotten on the floor until the last minute, the food that gets shared among the little ones, it's a wonder they don't all get sick immediately. We don't, they don't get sick quite that easily. But there are plenty of infections that carried from home to school and back to another home by way of dirty hands. So here are some tips on practicing and teaching good hand health.

In pre-K and kindergarten teachers will be doing their best to lead children to the sink or bathroom to wash their hands before meals. But the older children are more on their own for washing. It wouldn't hurt to put a note in the lunch bag if you send lunch to school: "Hi Honey! Remember to wash your hands! Love, Mom". Use a colorful sticky note to make it more visible. Or maybe you can put the sticky note inside their notebook or on their nametag with their student number for the cafeteria. Even if they don't do a complete handwashing job, any exposure to running water and a paper towel will be better than nothing!

Of course, if you've taught them how to wash their hands at home, they're more likely to wash the healthy way just by habit. So stand with the little ones while they practice at home. Running water and soap, scrubbing for 15 to 20 seconds, then rinsing and drying on a clean towel or paper towel is all that's necessary. For the littlest ones who are still learning their letters, hand washing is a good chance to show off how well they can sing their ABCs. For older ones who have the alphabet down pat, singing Old McDonald's Farm is another option.

And for the ones who've outgrown Old McDonald, here's a song that tells why we wash. Sing this to the tune of Brother John. "We wash our hands to keep them clean, keep them clean, keep them clean. We wash our hands to keep them clean, the cleanest hands you've ever seen. Use soap and water, that's the way, that's the way, that's the way. Use soap and water, that's the way, to wash those yucky germs away!" Any of these will have them singing and scrubbing for about 15-20 seconds, just the right time.

In addition to just before meals, there are other times children young and old need to wash hands to be healthy. After using the bathroom is one obvious time. But after playing with any pets, working in the school garden, and after sneezing or blowing their noses are all important times to wash hands. If your child's class helps with cleanup after meals, then hands need to be washed after the cleanup is done.

While you can't manage or even keep track of how often they wash their hands at school, you can remind and educate at home to wash at all these times. Washing your hands together with your child as soon as he or she comes in the door from school

is another way to show them how important you think handwashing really is. Children learn best what they see at home. So teach them well to stay well.

Here's a quick and healthy treat to have for after school, or after dinner. Serve it with fat free vanilla yogurt for some added protein. It serves 6 people.

### Blueberry Peach Cobbler

2 - 15 oz cans peach halves or slices, canned in light syrup, or 2 - 16 oz bags frozen

1 cup fresh or frozen blueberries                      ½ cup packed brown sugar

1 Tbsp cornstarch    1 Tbsp lemon juice

¼ tsp cinnamon    2/3 cup biscuit mix

2 Tbsp white sugar                                         3 Tbsp butter or margarine

4 Tbsp milk with 1 Tbsp lemon juice added        ¼ tsp cinnamon

2/3 cup chopped nuts (walnuts, almonds)        1/8 tsp nutmeg optional

Heat oven to 400°F. Mix fruits, just ¼ cup brown sugar, cornstarch, 1 Tbsp lemon juice and ¼ tsp cinnamon in medium bowl. Let stand 10 min. Put fruit in baking dish and bake 20-25 minutes while you prepare the biscuits. Mix biscuit mix, white sugar, and nutmeg if using in separate bowl. Add margarine and use forks to smash it into little pieces in the biscuit mix. When the mix and margarine are in small lumps stir in milk slowly until it makes sticky dough. You might not need all the milk. Take fruit from oven. Drop lumps of dough over fruit, covering most of the surface. Mix the nuts, other ¼ cup brown sugar and ¼ tsp cinnamon in small bowl. Sprinkle over dough. Put back in oven and bake 20 more minutes until biscuits are golden brown and baked. Serve warm.