

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

*October 2009*

## **Germs on your hands can make you sick. Wash germs away.**

### **Wash your hands . . . . .**

- + after playing with pets.
- + after handling garbage.
- + after playing or working outside.
- + before and after touching wounds and cuts.
- + before and after handling or eating food.
- + after using the bathroom or changing diapers.
- + after sneezing, blowing your nose or coughing.

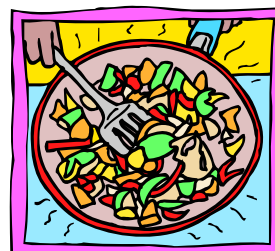


*Can you think of other times you need to wash your hands?*

### **Stir-Fried Rice and Vegetables** Serves 6

- |   |  |
|---|--|
| 1 tablespoon vegetable oil              | 3 cups cooked brown rice                                   |
| 1 onion, chopped                        | 2 cups cooked red kidney beans<br>or pinto beans (drained) |
| 2 cups chopped vegetables (your choice) |  |
| 1 tablespoon soy sauce                  |  |

1. Heat oil in large pan.
2. Add onion and other chopped vegetables and stir.
3. Cook over medium-heat until just barely cooked.
4. Stir in cooked rice and sprinkle with soy sauce.
5. Stir in cooked beans. Heat thoroughly and serve.
6. Refrigerate leftovers.



**NUTRITION FACTS (per serving) - Calories 250 ~ fat 4 g ~ calories from fat 25 ~ sodium 260 mg  
~ total carbohydrate 45 g ~ fiber 11 g**

### **Fruit 'N' Yogurt Breakfast Shake** Serves 2

1 very ripe, medium banana, peeled  
3/4 cup 100% fruit juice

1/2 cup low fat vanilla yogurt  
1/2 cup fresh, frozen or canned fruit (drained)

1. Blend banana with fruit juice, yogurt and fruit pieces in a blender.
2. Blend until smooth.
3. Divide shake between 2 glasses and serve immediately.
4. Refrigerate leftovers.



**Nutrition Facts (per serving):** Calories 150 ~ fat 1 g ~ calories from fat 10 ~ sodium 45 mg ~ total carbohydrate 32 g ~ fiber 2 g

## **Hand Washing**



### **How to Wash Hands:**

1. Use warm water to moisten hands.
2. Apply soap and rub vigorously.
3. Rub and scrub at least 20 – 30 seconds. Tell children to wash their hands for as long as it takes to sing their “ABCs” or “Happy Birthday”.
4. Be sure to wash back of the hands, wrists, under nails and between fingers.
5. Rinse hands under warm running water.
6. Dry hands with a clean towel.

**REMEMBER: Hand sanitizers kill germs but do not remove the dirt from your hands.**



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University of Illinois Extension provides equal opportunities in programs and employment.  
This material was funded by USDA's Supplemental Nutrition Assistance Program.