



# The Importance of Handwashing During the Holidays!

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## December 2017 Brazos County Better Living for Texans Newsletter

With holidays coming up, washing your hands becomes even more important to prevent respiratory illness. Washing your hands regularly, especially before and after certain activities, can be one of the best ways to remove germs and avoid getting sick. Regularly washing hands also prevents the spread of germs to others. Below are the five steps on how you should wash your hands:



**Wet** your hands with clean, running water (warm), turn off the tap, and apply soap.

**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

**Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

**Rinse** your hands well under clean, running water.

**Dry** your hands using a clean towel or air dry them.

If you do not have soap and water, the best way to reduce germs is using an alcohol-based hand sanitizer that contains at least 60% alcohol.

## November Program Highlights

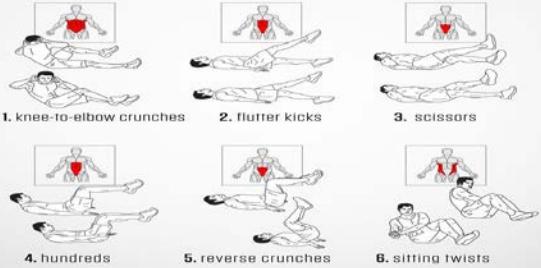
- Eat Smart Live Strong Series session 3 and 4 at Senior Citizens Association Brazos County
- Feeding the family without starving the wallet at Catholic Charities
- Don't get bugged from foodborne illness at Catholic Charities
- Lincoln Center physical activity game

## December Ab Workout

Ever get stuck on ab exercise options? Check out the short 2 minute ab workout to add into your everyday physical activity!

### 2-minute abs

DAREBEE WORKOUT © darebee.com  
20 seconds each exercise | no rest between exercises



## Cream of Pumpkin Soup

Makes: 30 servings

### Ingredients:

non-stick cooking spray  
2 tablespoons chopped onion  
1 small fresh tomato, chopped  
1 small carrot, diced  
1 tablespoon flour  
3 cups low-sodium chicken broth  
2 bay leaves  
1 teaspoon thyme  
1 15-ounce can 100% pure pumpkin  
black pepper to taste  
1 8-ounce can evaporated fat-free  
milk  
2 tablespoons cornstarch

### Nutrition Information per serving: 1 ½ cup

Calories	100
Total Fat	1 g
Saturated Fat	0 g
Sodium	80 mg
Carbohydrate	17 g
Cholesterol	0 g
Protein	6 g



### Directions:

- Wash your hands and clean your cooking area.
- Clean the tops of canned food items before opening them.
- In a large skillet, coat with non-stick cooking spray.
- Add onion, tomato, luncheon meat, and carrot. Cook for several minutes over medium heat.
- Add flour and mix continuously for about one minute.
- Add chicken broth, bay leaves, and thyme to skillet. Cover and cook on low for 5 minutes.
- Remove bay leaves with a slotted spoon.
- Add pumpkin and pepper to skillet. Mix well until ingredients are combined.
- In a separate bowl, combine evaporated milk and cornstarch.
- Add milk mixture to skillet. Cook on medium heat for 5 minutes or until heated throughout.
- Remove bay leaves before serving.

For more recipes and information on healthy nutrition habits, visit:  
[blt.tamu.edu](http://blt.tamu.edu)