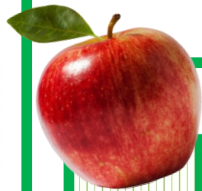


Healthy Habits

Tips for Teeth

- ◆ Brush at least twice a day with fluoride toothpaste for at least 2 minutes; first thing in the morning and before bedtime.
- ◆ Floss every day to remove plaque from between teeth and under the gum line.
- ◆ Eat healthy snacks.
- ◆ Use dental products that contain fluoride, including toothpaste.
- ◆ Visit your dentist every 6 months for an oral exam and professional cleaning.



Global Handwashing Day– October 15th

CDC has launched *Life is Better with Clean Hands*, a national campaign encouraging adults to make clean hands a healthy habit at home and away.



Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Follow these five steps every time.

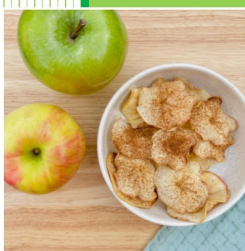
1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
 2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
 3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
 4. **Rinse** your hands well under clean, running water.
 5. **Dry** your hands using a clean towel or air dry them.
- If soap and water aren't available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Source: www.cdc.gov/handwashing.

Apple Chips

Recipe

1. 2-4 Apples of any variety sliced horizontally from the bottom of the apple.
2. Place apple slices on baking paper or onto greased baking sheet
3. 2 Teaspoons ground cinnamon sprinkled over apple slices
4. Bake at 200 degrees for 1 hours. Remove from oven and turn slices over. Bake at 200 for about 1 hour. Let rest 5 minutes. Check dryness and if not dry enough allow extra time in 15 minute increments. Thicker slices may take longer.



Tips

- Slice apples using mandoline or knife. Thinner slices will dry crispier. Thicker slices will be more soft.
- Place in plastic container or jar for up to 4 days.
- Eat as a tasty snack or add to salads or oatmeal.



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