

# Food Safety for Healthy Families

## CLEAN hands are COOL

Getting into a hand washing habit will help keep yucky bacteria and other gross germs from making you sick. Smart kids wash their hands after using the bathroom, after sneezing or coughing, after touching a pet or money, and **ALWAYS** before eating food.

**Join the SCRUB CLUB® and use these 6 steps to keep your hands CLEAN.**

- 1. Wet your hands ALL over** with warm water.
- 2. Apply soap ALL over**, including your fingers and wrist.
- 3. Rub your hands together for at least 20 seconds.**
- 4. Wash under nails too.** Use a nail brush if you have one.
- 5. Rinse away ALL the germs** under warm running water.
- 6. Dry your hands ALL over** with a clean towel.

## Food Safety Word Search

Can you find **15** food safety words hidden in this puzzle?

o	c	g	z	s	v	r	b	q	l	f	k	b	f	m	b
t	s	c	r	u	b	l	l	m	e	l	l	i	h	c	q
c	u	g	x	c	m	d	j	z	m	d	e	a	f	m	z
o	c	x	h	t	a	z	i	g	h	k	h	p	w	l	k
o	l	k	w	w	a	t	s	f	x	u	r	r	c	g	s
k	e	f	f	m	i	i	k	z	l	i	e	j	j	i	d
c	a	m	i	n	i	v	u	e	n	s	t	k	s	f	n
u	n	t	a	w	c	d	w	s	r	e	a	w	y	d	a
s	r	s	a	s	a	o	e	p	g	y	r	u	n	n	h
e	e	e	a	b	t	s	m	o	l	w	a	q	y	r	d
z	g	h	t	b	l	v	h	a	v	f	p	v	c	c	x
f	v	e	s	a	d	e	t	h	w	k	e	p	w	g	f
l	l	f	z	i	w	z	s	w	r	s	s	e	s	p	h
p	u	c	r	y	d	b	z	t	f	c	o	p	a	y	g
z	f	l	k	q	s	c	o	u	n	t	e	r	s	k	r
n	i	i	f	m	d	u	t	s	q	x	m	p	b	l	k

cook   chill   separate   clean   sanitize  
 wash   hands   counters   dishes   table  
 scrub   water   rinse   dry   towel

