

Senior Bytes

HEALTH & NUTRITION PROGRAM, SNAP EDUCATION

 UNIVERSITY OF MINNESOTA | EXTENSION



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The 20-Second Solution



Handwashing is the 20-second solution to protecting yourself from diseases such as colds, flu, diarrhea and hepatitis A.

The simplest and most effective way to stay healthy is to

wash your hands often with soap and warm water. To wash your hands properly, rub your hands vigorously together and scrub all surfaces. Wash for at least 20 seconds. (Tip: Sing the “Happy Birthday” song twice while washing). It is the soap combined with the scrubbing action that helps dislodge and remove germs.

ALWAYS WASH YOUR HANDS BEFORE YOU...

- Touch or serve food

- Eat or drink
- Treat a cut, scrape, burn or blister
- Take care of someone who is sick

ALWAYS WASH YOUR HANDS AFTER YOU...

- Go to the bathroom
- Help someone else use the bathroom
- Change a diaper (don't forget to wash the baby's hands too!)
- Cough, sneeze, blow your nose or wipe a child's nose
- Handle uncooked food, especially raw meat, poultry, fish or eggs
- Handle garbage
- Touch an animal - especially a reptile - or clean up animal waste
- Take care of someone who is sick or injured
- Use public transportation

Citrus Goodness

Fresh oranges, clementines and tangerines are available year round in the grocery store but their peak season is during the months of January, February and March. These are the months when they taste their best and are the cheapest.



Oranges are the primary source of vitamin C for the majority of Americans, with most consumed as juice. Oranges also contain generous levels of folate, potassium and thiamin. And if consumed as a whole orange instead of juice, they are a great source of dietary fiber.

Tangerines and clementines are subgroups of the mandarin orange. Tangerine's flavor is distinctive and slightly tart; somewhat flat at the ends and has deep orange, loose-fitting, pebbly skin. Clementines are a cross between a sweet orange and a Chinese mandarin. They are small, very sweet, usually seedless and are very easy to peel.



PURCHASING AND STORING CITRUS FRUITS

When purchasing oranges and all citrus fruits, they should be shiny, firm, heavy in the hand for its size and evenly shaped. The skin should be smooth rather than deeply pitted. Thin-skinned oranges are juicier than thick-skinned varieties and small to medium sized fruits are sweeter than the largest oranges.

Oranges keep for up to two weeks in the refrigerator but they keep almost as well at room temperature. Do not place them in bags where the moisture can be trapped.

As a sweet treat add tangerine, clementine or orange segments:

- To coleslaw or cottage cheese
- Toss them into tuna or chicken salad
- Add the sweet segments to your favorite lettuce salad
- Dip them into flavored yogurt
- Or sprinkle the segments with brown sugar and cinnamon - broil until the sugar is bubbly and serve on ice cream
- Top your favorite ice cream.

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For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at 1-800-221-5689, which is also in Spanish or call the MN Food HelpLine at 1-888-711-1151.

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For more health and nutrition information visit our website:
<http://www.extension.umn.edu/family/health-and-nutrition/>