

# USE THE SLEEVE!



O.K., this is gross, but you've really got to hear it. The average sneeze discharges **40,000 droplets of moisture** and untold **millions of germs** into the air. And an uncovered sneeze can send all that nasty stuff **30 feet or more through the air!** No problem, you say – after all, you always cover your mouth with your hand when you cough or sneeze. **But that just puts all the germs in your HAND,** and half of all common cold viruses are transmitted by the hands.

That's why experts like the doctors at the American Academy of Pediatrics and the National Centers for Disease

Control now advise that you **sneeze into your sleeve or the crook of your elbow** instead of covering your mouth and nose with your hand. Kids' hands can touch 300 or more surfaces in just a half-hour, leaving germs behind with every touch. **But the inside of your elbow won't spread many germs at all!**

the big number

# 90

On its way from your head to the outside world, a sneeze moves at an average of 90 miles per hour.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This newsletter is provided as a wellness resource by our school system's School Meals Program*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“USE THE SLEEVE!”

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### PAPAYA

Papaya is a great source of vitamin C.

Most of our papayas are grown in Hawaii.

The trees produce fruit through all seasons, so a good supply of papaya is available year round.



## LEARN EASIER

A good night's sleep has been shown to improve kids' memory and critical thinking skills. A great way to do better in school is to make sure you get at least 8-10 hours of sleep each night.



## PLAY HARDER

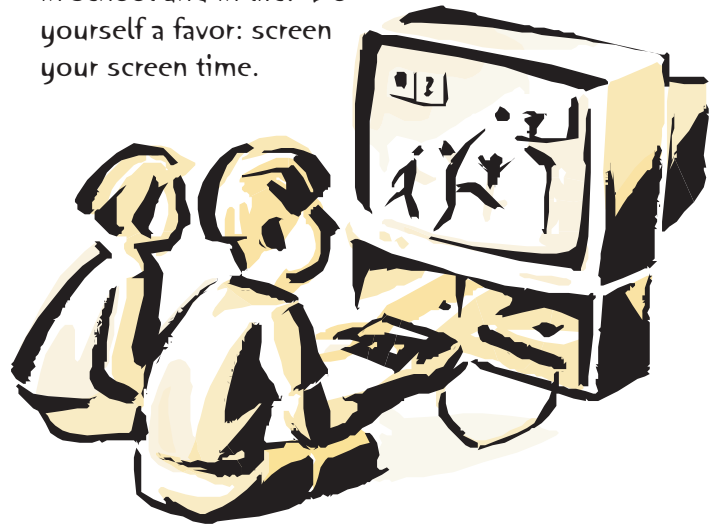
What's the best fitness gift parents can give their kids? A good example! When

kids see their parents exercising, they're more likely to develop the habit of being active, too – especially if parents and kids can exercise together.



## LIVE HEALTHIER

Too much TV watching, playing video games, and using the computer (for stuff that's not school-related) makes you less physically fit, less likely to have good relationships with family members and other real people, and more likely to underperform in school and in life. Do yourself a favor: screen your screen time.



## Kids eating you out of house and home? Blame Shakespeare.

If you've ever accused a kid of eating you "out of house and home," you've borrowed a line from William Shakespeare. The same goes for familiar phrases like "the apple of my eye," "the milk of human kindness," and "the world is my oyster."

Food shapes the English language. And it shapes *English class*, too. Because kids who regularly eat balanced, nutritious meals perform better in all their classes.

Convenient, economical, healthy School Meals. Now *there's* some food for thought!

**School Meals**  
*We serve education every day™*