# COLD ≠ COLD.

Cold weather doesn't cause colds – viruses do! Same with the flu. There's even a theory that it's actually safer to be outside in cold weather than indoors, where dry air and poor ventilation may make it easier for germs to hang around and spread. If people are in closed spaces sniffling, the bad stuff has nowhere to go. Of course, you should always be sure to dress appropriately outdoors for comfort and to avoid frostbite (in other words, put your coat on!) But if you don't want to get sick, you should always remember to wash your hands!

## the big number

# 1B

That's shorthand for 1 Billion -- a REALLY big number. And that's also about how many colds Americans catch each year.

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

## WELLNESS IS A WAY OF LIFE!™

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"COLD ≠ COLD"

## 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!

### CARROTS

This guy's got reason to smile – he's loaded with beta-carotene, a highly beneficial nutrient that helps fight cold symptoms! Our bodies turn the beta-carotene into vitamin A, which is key for keeping our mucus membranes healthy and fighting off throat and nose congestion. All orange veggies are loaded with beta-carotene!

## LIVE HEALTHIER

The tap water does not have to be hot as the desert sun for the best germ-killing action when you wash your hands. Recent research shows that the key is always using soap and lathering and rubbing your hands together for a full 10 seconds. Water would have to be nearly boiling to actually kill germs. Warm, lukewarm, or even cold water will work just as well as hot.

## PLAY HARDER

It's invigorating – and healthy -- to exercise outdoors in winter weather! In fact, as long as you are in good health and properly suited up, no temperature is too cold to workout outside. Extreme wind chills can be dangerous, though, so exercise inside if that's happening!

## LEARN EASIER

Kids have to stay healthy to be able to go to school and learn. But germs can lurk on a lot of common objects there, too – like computer keyboards. A healthy diet, exercise, and good sleep can help kids avoid sickness. But don't stop reminding them to wash their hands regularly during the school day!

***Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers.***

***Did you know: All food sold at schools (not just school meals) must meet criteria for whole-grain content, calories, sodium, fat (including saturated fat and trans fat), and total sugar?***

*This newsletter is provided as a wellness resource by Wilton–Lyndeborough Cooperative School Food Services*