ACTION PLAN: Make Washing Fruits, Veggies & Hands Easy & Fun

Washing hands, fruits, and veggies - as well as any surfaces you use to prepare food - is an important way to protect your family from lead. Here are some ideas to make it easier for both you and your children to remember to wash up!

WASH AHEAD
Washing fruits and veggies all at once and then cutting or preparing them for quick snacking is a great way to make eating healthy simple and fast. Remember that some fruits and veggies, like berries and mushrooms, may rot or mold more quickly if you wash them too long before eating. If you wash soft fruits and vegetables in advance of serving them, be sure to pat dry with a paper towel before storing in the refrigerator, and make a plan to eat them within a day or two.

SING A SONG
Teaching your child a special song is a great way to remind him to wash up before eating! It can be fun to make up a song to a familiar tune, such as “wash, wash, wash your hands,” sung to the tune of “Row, Row, Row Your Boat.” Let your child help make up the song, and he’ll be eager to sing - and wash - every time.

HANG A SIGN
Hanging one or both of our signs by the refrigerator or sink is a great way to help your whole family remember to wash their hands, fruits, and veggies before eating.

Did any of these ideas sound like something that would help you? In the space below, write down one small thing you can do this week to encourage your family to wash up before eating:
Don't forget to wash your fruits & vegetables.