

Wash your Hands- Hand Washing

There's a proper way to wash your hands. Follow these steps before and after harvesting, and always before handling and eating food.



Did you wash your hands?



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FEEDING AMERICA

- 1. Wet your hands with warm, running water.**
- 2. Apply soap.**
- 3. Rub hands together to make a lather. Scrub the backs of hands, between fingers, and under nails.**
- 4. Continue rubbing hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.**
- 5. Rinse well under warm, running water.**
- 6. Dry your hands with a clean single use paper towel or an air dryer.**



St. Mary's
Food Bank