

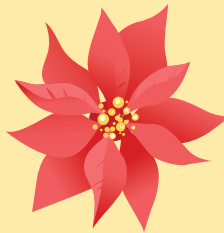
# Keep The Holidays Happy And Healthy!

## The Low Down On Sugar Highs

Sugars found naturally in foods like fruit can be good for you but everything should be eaten in moderation. Make good choices when it comes to sugary treats and remember to get 60 minutes of outside play time everyday!

Important Sugar Reminders:

- Choose fresh fruits
- Choose reduced sugar snacks
- Choose food sweetened with natural sugars



What do you call  
an elf who sings?

A Wrapper

What do reindeer  
hang on Christmas  
trees?

“horn”-aments

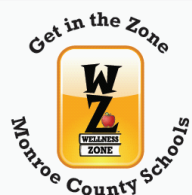
## Hidden Healthies

SOAP  
WATER  
SING  
GERMS  
SUGAR  
FRUIT

X	F	S	S	I	W	V	K	A	W
I	F	O	U	I	D	H	K	V	A
W	A	R	S	G	N	I	S	P	T
P	P	N	E	T	A	N	H	J	E
E	E	U	I	G	E	R	M	S	R
Y	Q	U	O	P	Z	J	D	W	L
N	R	D	M	W	P	A	Q	B	J
F	H	N	U	G	K	D	H	Y	E

## National Handwashing Awareness Week is December 6th-12th 2015!

Make sure you keep it clean during the holiday season by washing your hands with warm water to kill germs. Sing “Happy Birthday” to make sure you wash long enough!



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