

NUTRITION NEWS 2018

DECEMBER

Birthday of Basketball December 1891



The first game of Basketball was played in 1891, as a way to stay active in the winter months. Coach James Naismith was asked to create a game that was easy to assimilate, yet complex enough to be interesting. It had to be playable indoors or on any kind of ground, and by a large number of players. It should provide plenty of exercise, yet without the roughness of football, soccer, or rugby, since those sports would threaten bruises and broken bones, especially if played in a confined space.

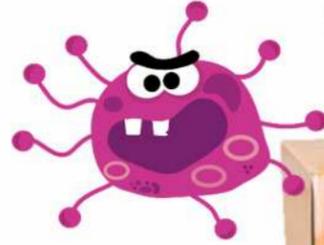


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Tips for Avoiding Winter Bugs:



- Get vaccinated against flu
- Wash your hands often
- Limit exposure to infected people
- Keep stress in check
- Eat right
- Sleep right
- Exercise



FACTS

National Handwashing Awareness Week - 12/3-12/9

1. Wash your hands when they are dirty AND before eating
2. DO NOT cough into your hands
3. DO NOT sneeze into your hands
4. Above all, DO NOT put your fingers into your eyes, nose or mouth



Local Butternut Squash

Happy Holidays!

The first day of winter is Friday December 21st.

The name **December** comes from the Latin *decem* for "ten," as it was the 10th month in the Roman Calendar.

The first artificial Christmas tree was made in Germany, fashioned out of goose feathers dyed green!

"Jingle bells" was composed in 1857, and not for Christmas – it was meant to be a Thanksgiving song!

December 12th is Poinsettia Day



Message from Jack Frost:

"Snowflakes are one of nature's most fragile things, but just look what they do when they stick together".



Butternut Squash Trivia:

Where does **butternut squash** originate from?

- A) England
- B) Mexico/Guatemala
- C) Canada

How long can a **butternut squash** last?

- A) 5 days
- B) 2 weeks
- C) 6 months

You could eat the seeds from a **butternut squash**.

- A) True
- B) False



"This institution is an equal opportunity provider."

I am delicious and nutritious



Did you know?

Apples are part of the rose family

It takes two pounds of apples to make one nine-inch **apple** pie

Apple trees can live for more than 100 years

The largest **apple** ever picked weighed three pounds. That's the same weight as a teacup Chihuahua

The average person eats **65 apples** each year



Local McIntosh Apples



Trivia Answers
#1-B) Mexico/Guatemala
#2-C) 6 months
#3-A) True