WASH AND DRY YOUR HANDS
Use soapy water for at least **20 seconds**.
Dry with paper towels, clean cloth towels or air dry.

GET PLENTY OF SLEEP
7-9 HOURS Amount recommended per night for adults
8-14 HOURS Amount recommended per night for kids

GET KIDS COOKING!
3-5 YEARS OLD Make ingredients, tear lettuce, press cookie cutters
6-7 YEARS OLD Peel raw produce, crack eggs, measure ingredients
8-9 YEARS OLD 8-9 years old, use a food thermometer, balance
10+ YEARS OLD Use or chop vegetables, measure foods, use the oven

Start slow and give kids time to master a task.