

RECIPE: For Healthy Living

Serves: Everyone

From the Kitchen of: The LSC Coordinated School Health Council

With cold and flu season upon us, here is a recipe to help prevent illness.

Wash hands frequently

Cover your mouth and nose when sneezing or coughing by coughing into your sleeve.

Avoid sharing food and drinks

Get plenty of rest and Exercise

Relax to avoid stress



Mix well with plenty of foods rich in Vitamin C to help boost your immune system: You can choose from Vitamin c rich foods such as strawberries, oranges, grapefruit, bell peppers and broccoli.

ENJOY!

(written by: Patty Mashino, Council member)