

### December 4<sup>th</sup>-10<sup>th</sup> is National Handwashing Awareness Week and National Influenza Vaccination Week

According to the American Cleaning Institute, the goal of this week is to “decrease the spread of infectious diseases by empowering individuals to educate and help protect their communities”. 80% of all infectious diseases are transmitted by touch.

What is the best way to wash your hands? We’ve outlined some basic steps:

- Remove rings
- Wet hands
- Apply antiseptic soap, use warm water and vigorously lather for at least 15-20 seconds
- Scrub all areas to include: knuckles, cuticles, beneath nails, and both sides. Rinse well
- Dry hands completely with clean paper towel
- Use a dry paper towel to turn off faucet
- Don’t touch anything after washing hands
- Use a paper towel to open door if in a bathroom

Hands should be washed at the beginning and end of the work day, before and after using gloves, before eating, smoking, or handling medications, after using the toilet, after wiping the nose or touching the face, and after touching contaminated surfaces.

If you’re avoiding the flu, be sure to wash often!



### Beef Stroganoff

*Serves 5; 275 calories*

- 5 oz. Ronzoni Healthy Harvest Whole Grain egg noodles (cook according to package)
- 2 tsp. olive oil
- 1 lb. boneless beef tenderloin tips, sliced into 2-inch strips
- 1½ cups sliced mushrooms
- ½ cup minced onion
- 1 tbsp. all-purpose flour
- ½ cup dry white wine
- 1 tsp. Dijon mustard
- 1 (14.5 oz.) can fat-free, low-sodium beef broth
- ½ cup fat-free sour cream
- ¼ tsp. salt (optional)
- ¼ tsp. ground black pepper

Add oil into a large sauté pan. Add meat and sauté for about 3 minutes. Remove meat and add mushrooms and onion. Sauté for 5 minutes or until beginning to turn brown. Add flour and cook for 1 minute.

Add wine to deglaze pan and cook for 2 minutes. Add mustard and beef broth; bring to boil. Reduce heat and simmer for 30 seconds.

Add beef and any juices back to broth and simmer for 3 more minutes. Add sour cream, salt, and pepper. Simmer for 30 seconds. Finally, serve over whole-grain egg noodles.

### Get Out and About In and Around Rochester – FREE!

December 2<sup>nd</sup> – 3:00pm-6:00pm and 7<sup>th</sup>, & 14<sup>th</sup> 6:00pm-7:00pm **Come Home for the Holidays** – Annual arrival of Santa and community tree lighting; 1 Fairport Village Landing, Fairport

December 2<sup>nd</sup> & 3<sup>rd</sup> – 11:00am-2:00pm **Visit Santa and Make Christmas Slime!**

VanPutte Gardens Annual Christmas Open House; 136 North Ave, Rochester

December 2<sup>nd</sup> & 9<sup>th</sup> 11:00am-2:00pm **Edgerton Model Train Room 2017 Holiday Open House** – Visit historic 4 Season Model Railroad layouts originally built by the City of Rochester; 41 Backus Street, Rochester

December 3<sup>rd</sup> & 10<sup>th</sup> 9:00am-3:00pm **A Rochester Holiday Tradition** – Families can take a horse drawn carriage ride with Santa and decorate a holiday cookie; Rochester Public Market; 280 Union St. N, Rochester

December 9<sup>th</sup> – 6:00pm-9:00pm **Family Fun Night** at the Eastside YMCA – Free and open to all members and non-members; 1835 Fairport Nine Mile Point Road, Fairport

December 13<sup>th</sup> – 3:00pm **Eastman – Rochester New Horizons Band Annual Holiday Concert**; Free with donations accepted, University of Rochester Advancement and Alumni Affairs Center; 300 East River Road, Rochester

