

## Video Transcript – Let's Talk Food Literacy: Wash Hands Well

*Elaine, a community worker, appears on screen washing her hands, removing skin from onions, and showing the shaft of a knife. As she does this, images of puzzle pieces pop up in sequence with the words 'explore', 'build', and 'connect'.*

Hi, I'm Elaine. I am a community worker with a passion for delicious food and nutrition. Handwashing is an important way to prevent illness and practice food safety.

*Elaine is shown washing her hands in the sink.*

Wash your hands often, especially after coughing, sneezing, or using a tissue, before and after eating, before preparing food, after handling raw meat, after petting an animal, and after using a restroom. When preparing food, it is also good to wash hands after touching your face, hair, cellphone, tablet, computer, or putting your hands in your pocket.

I'm going to properly wash my hands here. I'm going to wet my hands with warm water, I'm going to apply liquid soap. I'm going to lather away from running water. I'm going to make sure I get in between my fingers, around my thumb, and around your wrists and nails. Then you want to have your hands pointing down so that everything is running away from your arms into the sink.

*Elaine is shown wetting her hands, dispensing soap into her hands, and lathering her hands well. As she does this, the words "wash hands for 20 seconds" appear on the screen. She then rinses her hands, dries her hands with a paper towel, and turns off the taps with the paper towel. As she does this, the words "use the paper towel to turn off the water" appear on the screen.*

Eat well, live well.

*The video ends with an image of a puzzle piece with the words 'Eat well. Live well' on the left-hand side, with [food-guide.canada.ca](http://food-guide.canada.ca) below it. An acknowledgement logo for Food Literacy for Life, [foodliteracy.ca](http://foodliteracy.ca), appears on the right-hand side along with 'created by Peterborough Public Health' (logo shown). A visual of the food literacy framework, from [foodliteracy.ca](http://foodliteracy.ca) appears on the left-hand side of the screen, with 'Food Literacy' pictured in the center of a circle. The following colourful puzzle pieces surround it: 'Food Skills, Self-Efficacy and Confidence, Ecological Factors (External), Food Decisions, and Food and Nutrition Knowledge.'*