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December 2025 | Volume 6, Issue 12: National Handwashing Awareness Month



December is National Handwashing Awareness Month, a timely reminder that clean hands save lives, especially during cold and flu season. Supported by the CDC and other health organizations, this observance encourages everyone to practice proper hand hygiene by washing hands often with soap and warm water for at least 20 seconds, or using hand sanitizer with at least 60 percent alcohol when soap isn't available. Regular and thorough handwashing helps prevent the spread of germs and illnesses, keeping our communities healthier through the winter months.

[For More Info](#)

Mexican Quinoa Salad

Celebrate National Handwashing Awareness Month with a colorful, immune-boosting dish that starts with clean hands. This Mexican Quinoa Salad combines quinoa, black beans, corn, tomatoes, lime, and cilantro for a fresh, nutritious meal. It's rich in plant-based protein, fiber, and vitamin C to help keep your immune system strong. Remember to wash your hands and all fresh ingredients before you chop, mix, and enjoy! You can also catch a live demo of this recipe at the Festival of Winter.



[Click here for recipe](#)

Stay *Merry* and *Bright* this holiday season by keeping yourself and your loved ones healthy with clean hands and happy hearts.

Upcoming Events

Visit Healthy Fontana at one (or all) of these events for FREE resources and giveaways! Remember to bring your rewards card to earn some punches toward a prize!

- **Saturday, December 6:** [Garden Workshop](#) | Central City Community Garden | 8328 Cypress Ave. | 9am-10am
- **Saturday, December 13:** [Fontana Walks! in the Christmas Parade](#) | Sierra Ave & Arrow Blvd | 10am-11am
- **Saturday, December 13:** [Festival of Winter](#) | Miller Amphitheater | 17002 Arrow Blvd. | 11am-4pm
- [Fontana Farmers' Markets](#)
 - Every Sunday at Fontana Park | 15556 Summit Ave. | 10am-3pm

Community Services Department will be closed from December 24, 2025, through January 2, 2026



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Connect with Healthy Fontana

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