

# Health & Wellness Tip of the Week

# Week 39 September 24, 2018

Our mission is to promote health awareness and  
Encourage healthy lifestyles.



BlueCross BlueShield  
of Texas

Take wellness to heart

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## Teach Kids Healthy Eating Habits in the Kitchen

Kids love to help in the kitchen. They like to eat the food they make. It's a perfect chance to talk about healthy foods while you cook together. It will help them to try healthy items.

**Added benefit:** Making sure kids wash their hands before and after helping in the kitchen supports another vital lesson. Hand washing helps stop the spread of germs.

*Source: Heart, Lung and Blood Institute*

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