

Toilet Talk

September is Fruits & Veggies-More Matters Month

According to the Fruits & Veggies-More Matters organization, a whopping **90% of adults and children** do not consume the amount of fruits and veggies recommended by the Dietary Guidelines for Americans. You can help combat this statistic by ensuring that at least half of your meal plate is filled with some sort of fruit or vegetable.

Here are some excellent reasons you should consume more fruits and veggies:

- **Fiber - helps fill you up and helps keep your digestive system happy.**
- **May reduce disease risk - Eating these foods regularly can help reduce the risk of heart disease and hypertension.**
- **Vitamins + Minerals -helps you meet your required intake for Vitamins + Minerals. As a result, you will feel much healthier & energized!**

For more info, check out these websites:

<http://www.fruitsandveggiesmorematters.org>

<https://health.gov/DietaryGuidelines>

Did You Know?

Your mobile phone has about 18 times more germs than a toilet handle (YUCK!). You can help prevent bad bacteria spreading by washing your hands often with soap (make sure to wash your whole hand & not just the palm!).

4 Paws for Ability

4 Paws for Ability is a training program meant to train dogs to assist children with medical needs. The dog's purpose is to provide them safety and increased independence. Our role as a University is to provide the socialization training for these working dogs and *we need your help!* In order to increase the likelihood that our dogs graduate training, we are asking for everyone's support when interacting with the dogs.

Here is how you can help:

- 1) Always ask the handler for permission to pet the dog.
- 2) NO people food.
- 3) NO tug of war games.
- 4) Do not let the dog jump on you or anyone else!
- 5) Do not yell or call loudly for the dog.

For more information on our dogs, you can check out these sources:

4pawforability.org and "Manchester University Puppies for Ability and Conviction" Facebook Page.

Newt (left) is 6 months old and 100% Golden Retriever. Zane (right) is 4 months old and a Golden Lab mix. They are our most recent dogs on campus.



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Questions? Comments? Please e-mail HealthServices@manchester.edu