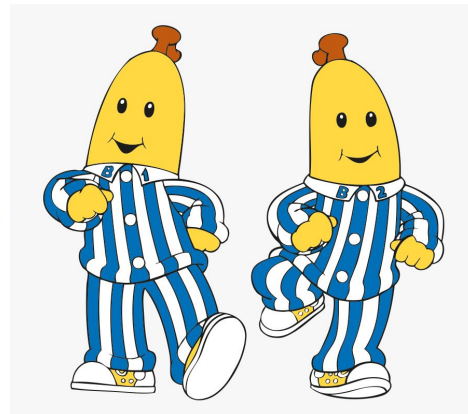
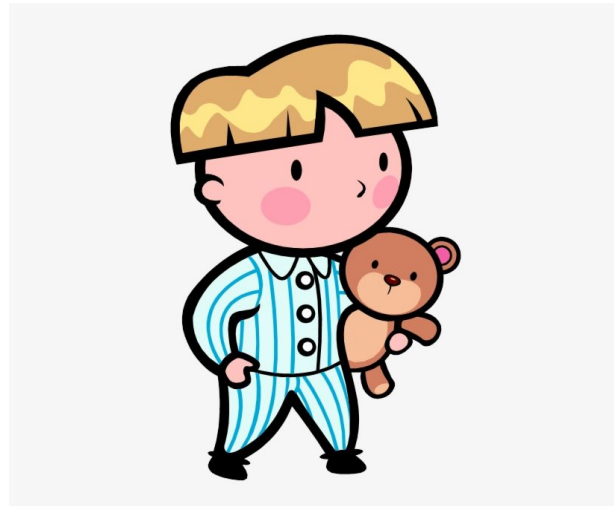


20.10.20

## Preparing for the winter

1. As we are now in the final months of the year, choice of clothing is very important. One way we could prepare for the winter months is the use of warm, woolly and winter pyjamas.



2. Another way we could prepare for winter and to avoid making long food shopping trips is storage of canned foods, storage of hygiene products and other necessities. This may be hugely important for older individuals or people with large families.



3. Use of central heating and purchasing in-door electric heaters. Learning how to use these and switch on and off safely.



4. Learn how to cook dishes suited to the winter time. This may include warm soups and hot drinks!. Winter foods and drinks can keep the body warm. Quick easy recipes can be found online or you can buy ready made soups and heat once you get home. The choice is yours.

