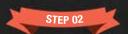
## A QUICK GUIDE TO EATING WITH YOUR HANDS



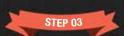


Wash your hands





Mix rice and curry with your fingers



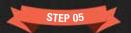


Take a lump of rice and curry to your lips





Use your thumb to push the lump of rice into your mouth





Wash and dry your hands after

## Remember



Use your fingers only



Do not soil your palms



Do not place all your fingers in your mouth



Share your pics, stories and anecdotes of eating with your hand.

It doesn't matter what you're eating - burgers, rice and curry, fish and chips, dosas or anything else, upload them with the hashtag

#handfed