

September 2019

# Tidbit Times

## Back To School!

As kids are heading back to school, we want to make sure that all kids are walking safe to and from school.

Here are a few tips:

1. Make sure your child has a safe route before allowing them to walk to school.
2. Always cross at a crosswalk.
3. Stop at the curb before crossing the street.
4. Walk, don't run, across the street.
5. Look LEFT, RIGHT and LEFT again before crossing.
6. Make sure drivers see you before crossing in front of them.

Source: [riseandshine.childrensnational.org](http://riseandshine.childrensnational.org)

### Nature Scavenger Hunt

- |  |  |
|--|--|
| <input type="checkbox"/> Flowers         | <input type="checkbox"/> Feather         |
| <input type="checkbox"/> Pinecone        | <input type="checkbox"/> Acorn           |
| <input type="checkbox"/> Something white | <input type="checkbox"/> Anthill         |
| <input type="checkbox"/> Something red   | <input type="checkbox"/> Bark            |
| <input type="checkbox"/> A bird's nest   | <input type="checkbox"/> A walking stick |



## Turkey & Cheese Pinwheels

1 Tablespoon reduced-fat cream cheese

1 8-inch whole-wheat flour tortilla

2 thin slices low-sodium deli turkey

1 thin slice Cheddar cheese

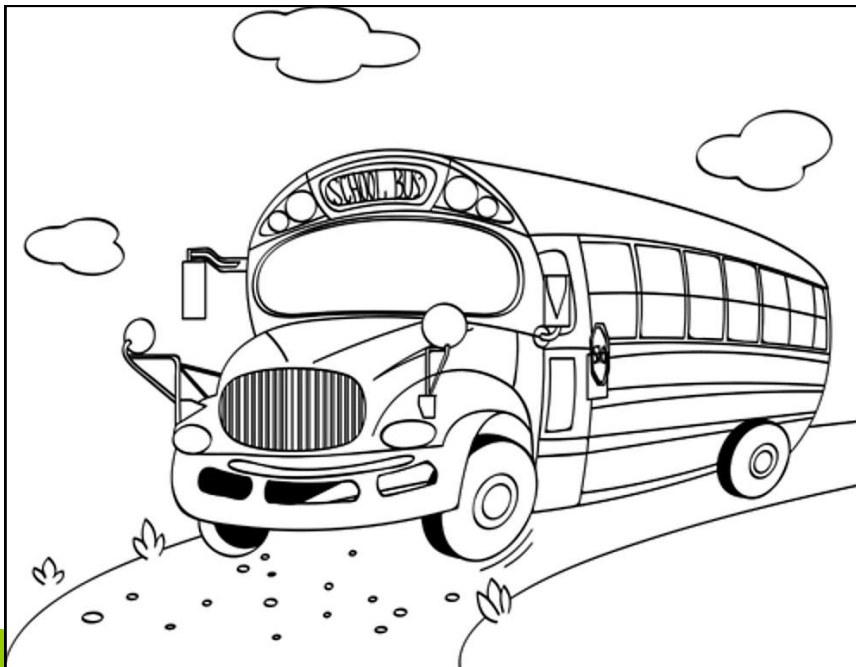
1 romaine lettuce leaf

Source: [www.eatingwell.com](http://www.eatingwell.com)

Spread reduced-fat cream cheese over tortilla. Top with turkey, cheese, and lettuce. Roll tightly, being careful not to tear the tortilla. Slice crosswise into 6 pieces. Pack in lunch with desired fruit, vegetable, and/or other favorite side!



**Color the  
school bus!**



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