

BACK TO SCHOOL

Recipes for the **ROAD**





Preparing a Healthy Lunch

As parents and caregivers, it is our responsibility to teach our children how to eat healthy, and that starts with what we pack in their school lunches.

Here's an easy plan to follow. Fill half of their plate (or lunchbox) with colorful fruits or vegetables (try for a couple different types), one-quarter with whole grains, and the last quarter with healthy proteins. Include healthy fats and a small amount of dairy to create a delicious meal that keeps them fueled and healthy all day long.



Healthy After School Snack Ideas

Believe it or not, popcorn is considered a whole grain and is a good source of fiber and antioxidants. Choose air-popped or lightly oil-popped varieties.

In a small bowl, mix together ½ teaspoon each of garlic powder, onion powder, dried dill and dried chives. Add a pinch of salt and pepper to taste. Sprinkle the mixture on your popcorn for a ranch-inspired twist.

The best part is it's fast and easy to prepare and smells delicious!



Recipes for the ROAD

Every school day, millions of kids hop on and off school buses. Did you know that school buses are some of the safest rides around? Less than 1% of traffic deaths involve kids on school buses. But the real danger is when kids are getting on or off the bus. That's why it's super important for drivers, parents, and students to know about school bus safety.

FDOT encourages everyone to take the following safety precautions:

- Yellow flashing lights indicate the bus is about to stop to pick up or drop off kids. Slow down and prepare to stop your vehicle.
- When you see red flashing lights and the stop arm extended, the bus has stopped and children are getting on or off. You must stop your car and wait until the red lights stop flashing, the stop arm is pulled back, and the bus starts moving, before you can start driving again.

