



Recipes for the
ROAD



**BACK
TO
SCHOOL**



Pack Nutritious Lunches

Help your child stay energized and focused by packing a balanced, tasty lunch. Here are a few simple tips:

- **Mix Your Slices:** If your child isn't a fan of wholegrain bread, try using one slice of white and one slice of wholegrain for sandwiches.
- **Always Add Veggies:** Cherry tomatoes, carrot sticks, cucumber, celery, and bell peppers all count toward their 5 A Day. Include a small container of reduced-fat hummus or a favorite dip to encourage veggie snacking.
- **Go Green:** Add leafy greens or salad to sandwiches and wraps — every bit helps reach their daily fruit and vegetable goals.
- **Cheesy Does It:** Cheese is a great source of calcium, but it can be high in fat and salt. Use stronger varieties so you can add less, or choose reduced-fat options
- **Fruit Made Easy:** Bite-sized fruits like chopped apples, peeled satsumas, strawberries, halved grapes, blueberries, or melon slices make healthy eating simple and fun.

Healthy Snack Ideas for After School

Fuel their afternoon with these easy, wholesome snacks:

- Apple or celery with peanut butter
- Raw veggies with hummus
- String cheese and grapes
- Hard-boiled egg and fruit
- Nuts and dried fruit
- Plain popcorn
- Carrot sticks, celery, or broccoli with ranch (try Greek yogurt ranch for a protein boost)



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As students head back to school, remember to follow Florida's school bus safety laws:

- **Drivers must stop** for school buses when the red lights are flashing and the stop arm is extended.
- **This applies in both directions** unless you're on a divided highway with a **raised barrier or median at least 5 feet wide**.
- **If there's only a painted line or paved median, all drivers must stop**, regardless of direction.
- **Passing a stopped school bus is illegal** and may result in a citation, points on your license, a fine, and mandatory driver improvement course.
- **Penalties are more severe** if you pass on the side where children are entering or exiting the bus.
- **Always slow down and use caution in school zones**, especially during arrival and dismissal times.

Let's all do our part to keep children safe this school year.

