

Outdoor Safety Tips

- Establish safe play areas. ...
- Never speak to strangers. ...
- Never wander off alone. ...
- Be aware of the environment and surroundings. ...
- Be mindful of the weather. ...
- Remember to hydrate. ...
- Always wear sunscreen. ...
- Wear the proper clothing and equipment for the sport or activity.



REUSE • REDUCE • RECYCLE

At its simplest, recycling is the method of collecting materials that would normally be thrown away and giving them another life. Unfortunately, this process isn't always that simple. The good news is that all of us can do our part to recycle.

Just as we learn the importance of recycling, we also should learn about reusing. Reusing means combining materials and using items that can be reused. Reusing things that can be reused means less pollution and more of our precious natural resources are left intact.

Another important thing to learn, in addition to recycling and reusing, is reducing. Reducing means to lower usage from the very start.

Joke Corner

Why did they quit giving tests at the zoo?
Because it was full of cheetahs!

Why is a bad joke like a pencil?
Because it has no point!

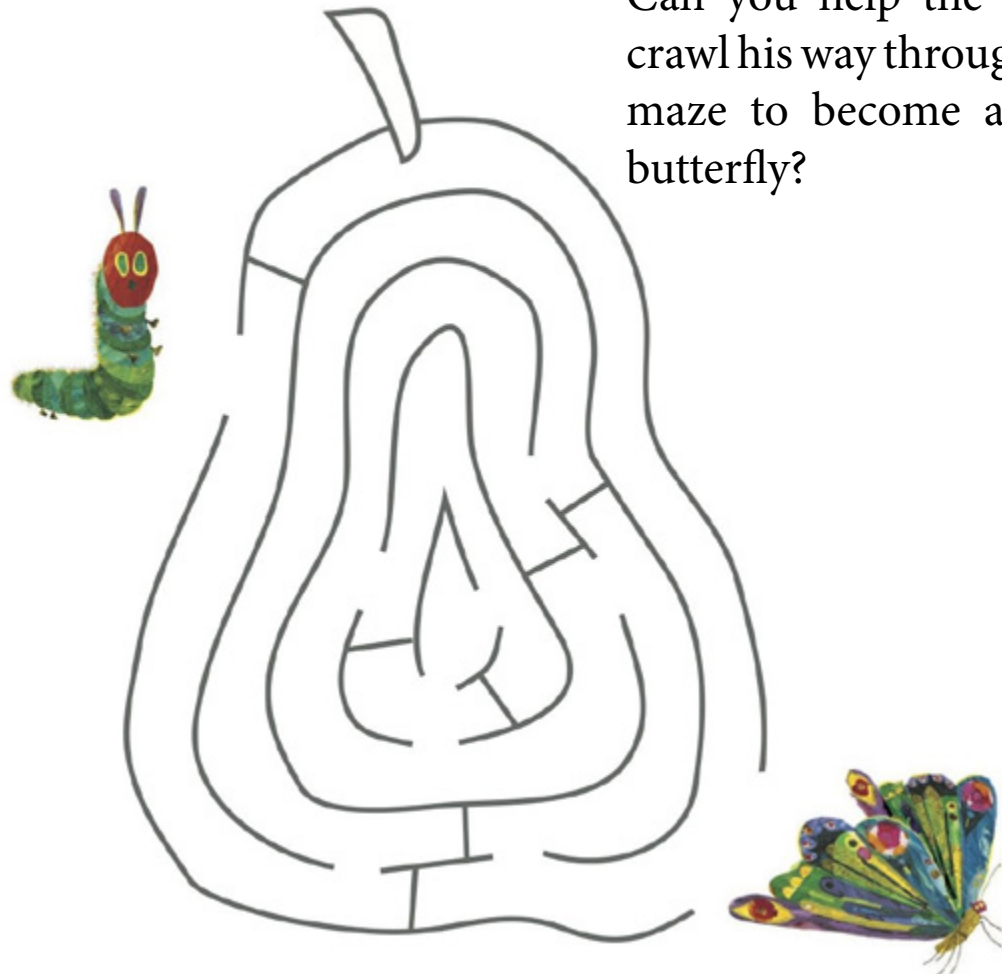
What are the strongest days of the week?
Saturday and Sunday! Every other day is a weekday!

What do you call a monkey that loves potato chips?
A chipmonk!

What has one eye but still can't see?
A needle!

Do what you can because every little bit helps! These three methods are important to preserve the environment and will leave the planet in better condition than we found it.





Can you help the caterpillar crawl his way through the pear maze to become a beautiful butterfly?

KIDS' KITCHEN

Banana Roll-Up

INGREDIENTS

- 1/4 cup creamy peanut butter
- 2 whole wheat flour tortillas (8 inch)
- 2 tablespoons honey
- 1/4 cup low-fat granola
- 2 bananas

DIRECTIONS

1. Spread peanut butter evenly over each tortilla. Drizzle honey on top of peanut butter: sprinkle with granola.
2. Place a banana in center of each tortilla. Fold in opposite sides; roll up burrito-style. Cut in half to serve. Repeat.

