



## ACTIVE ROUTES TO SCHOOL

Active Routes to School is a project of the NC Safe Routes to School Program and a partnership between the NC Department of Transportation and the NC Department of Public Health. The goal of Active Routes to School is to increase the number of students safely walking and biking to school.

Here are some reasons to give walking or biking to school a try:

### It's Fun!

Walking and bicycling is a fun, easy way to get physical and be independent.

### Healthier Habits

Walking and bicycling, especially to school, is a great way to start your day off right and can instill lifelong healthy habits.

### Cleaner Environment

With more students and parents walking or bicycling to school, there are fewer cars on the road, which means less traffic, shorter car pool lines and cleaner air.

### Promoting Safety

You can help bring awareness of infrastructure improvements such as new or improved sidewalks, crosswalks, or bike lanes.

### Community Benefits

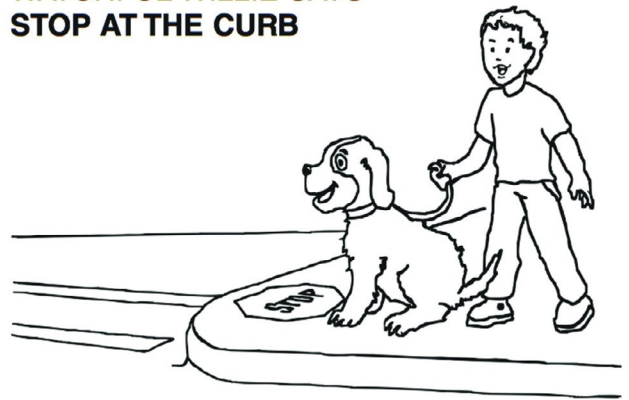
Having more students walking and bicycling builds a sense of community in the school and also the surrounding neighborhoods.

For more information on Active Routes to School contact:  
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HELP COLOR JOEY AND HIS DOG WILLIE AS THEY SAFELY STOP AT THE CURB BEFORE CROSSING THE STREET

### WATCHFUL WILLIE SAYS STOP AT THE CURB



## ORANGE GLAZED CARROTS

An orange glaze brings out the sweetness in one of the kid-friendliest vegetables around. Carrots are excellent sources of Vitamin A.

**Makes:** 4 servings, 1 cup each

**Active Time:** 10 minutes **Total Time:** 15 minutes

### INGREDIENTS

- 1/2 cup orange juice
- 1/2 cup reduced-sodium chicken broth
- 1 teaspoon cornstarch
- 2 teaspoons extra-virgin olive oil
- 2 10-ounce bags shredded or julienne-cut carrots
- 1 teaspoon butter
- 1/4 teaspoon salt



### PREPARATION

Whisk orange juice, broth and cornstarch in a small bowl. Heat oil in a large nonstick skillet over medium-high heat. Add carrots and cook, stirring constantly, until slightly softened, about 3 minutes. Stir the juice mixture and add to the carrots along with butter and salt. Cover and continue cooking, stirring occasionally, until the butter melts and the carrots are tender, 5 to 6 minutes.

Courtesy: Eatingwell.com

