



ACTIVE ROUTES TO SCHOOL

August 2016



SUMMER SAFETY CAMP

That's a wrap! Active Routes to School says THANK YOU to all schools and organizations who participated in Bicycle and Pedestrian Education this summer. The Franklin County Boys & Girls Club, City of Rocky Mount, Smithfield Recreation and Aquatic Center, and White Oak Church all offered safety trainings during camps this summer.

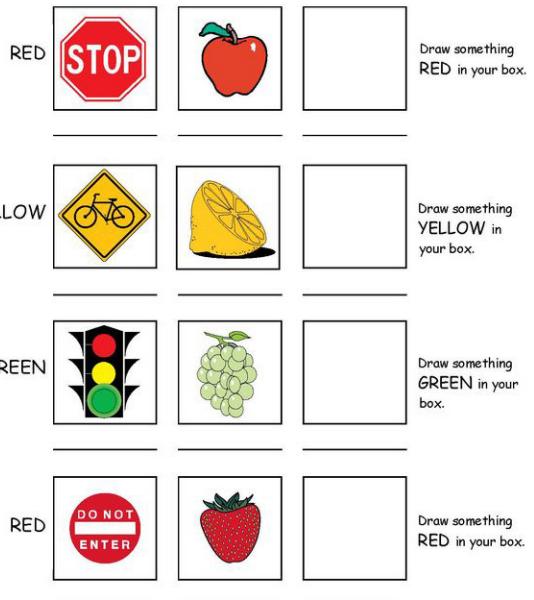
The Active Routes to School Region 7 Coordinator and Active Routes to School Region 9 Coordinator, Leah Mayo Acheson, taught lesson one of bicycle safety at the City of Rocky Mount summer camp, reaching over 80 campers. Camp counselors then continued the lessons throughout the weeks. Once the lessons were completed the campers had the opportunity to invite their parents to an awards ceremony. Campers came up with songs and skits to show what they had learned. They then crossed the stage to receive a certificate and helmet. What a great opportunity to celebrate new skills!

To learn more about the Let's Go NC! curriculum or to host a training: Contact **Nicole Westley** at **919-989-5200**.



Colors of safety

Write the name of each item under the picture. Draw something of the same color in the blank box



Name: _____ Age: _____

Pineapple Chicken



A summertime favorite, this simple and healthy recipe is perfect for your next Barbecue!

Makes: 10 servings **Total Time:** 40 minutes

INGREDIENTS:

- 1 cup pineapple juice
- 1/2 cup packed brown sugar
- 1/3 cup light soy sauce
- 2 pounds chicken breast tenderloins or strips skewers



PREPARATION:

In a small saucepan over medium heat, mix pineapple juice, brown sugar, and soy sauce. Remove from heat just before the mixture comes to a boil. Preheat grill for medium heat. Thread chicken lengthwise onto wooden skewers. Lightly oil the grill grate. Grill chicken tenders 5 minutes per side, or until juices run clear. They cook quickly, so watch them closely.

Courtesy: allrecipes.com



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ACTIVE ROUTES TO SCHOOL
A North Carolina Safe Routes to School Project

