



WALK TO SCHOOL DAY 2016

Help us celebrate **International Walk to School Day** on October 5th and throughout the month of October! Communities and schools are using Walk or Bike to School Day as the first step to change community culture and to create options for getting around that are more inviting for everyone, both young and old. Here are some reasons to support walking and bicycling to school:

- It's Fun!**
Walking and bicycling bring a sense of joy and independence.
- Healthier Habits**
The trip to school is a chance for children (and adults!) to get the physical activity they need
- Cleaner Environment**
Replacing car trips to school with walking or bicycling can reduce congestion and air-polluting emissions.
- Promoting Safety**
Building sidewalks, providing education programs and adding traffic calming measures are some of the ways to improve safety. Encouraging walking and bicycling to school can help build support for infrastructure improvements in the broader community.
- Community Benefits**
Reducing traffic congestion, boosting a sense of community, and improving neighborhood connections benefit the community.

To learn more about Walk to School Day: Contact: **Nicole Westley at 919-989-5200.**

Lila starts a new school year. Help her safely walk to school



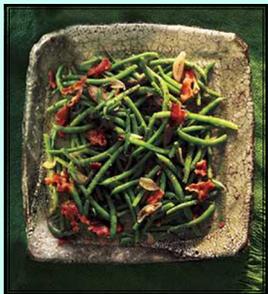
Green Beans With Bacon Vinaigrette

A real crowd-pleaser that both children and adults will love. Green beans are healthy too! They provide a big boost to your immune system.

Makes: 8 servings **Total Time:** 25 minutes

INGREDIENTS:

- kosher salt and black pepper
- 2 pounds green beans, trimmed
- 6 slices bacon
- 2 shallots, sliced
- 2 tablespoons cider vinegar
- 2 tablespoons whole-grain mustard
- 2 tablespoons olive oil



PREPARATION:

Bring a large pot of water to a boil and add 1 tablespoon salt. Add the green beans and cook until just tender, 4 to 5 minutes. Drain and run under cold water to cool; transfer to a serving bowl. Meanwhile, in a medium skillet, cook the bacon over medium heat until crisp, 6 to 8 minutes; transfer to a paper towel-lined plate. Let cool, then break into pieces.

Discard all but 2 tablespoons of the bacon drippings from the skillet and return to medium heat. Add the shallots and cook, stirring, for 1 minute. Stir in the vinegar, mustard, oil, 3/4 teaspoon salt, and 1/4 teaspoon pepper. Add to the green beans, along with the bacon, and toss to combine.

Courtesy: realsimple.com

