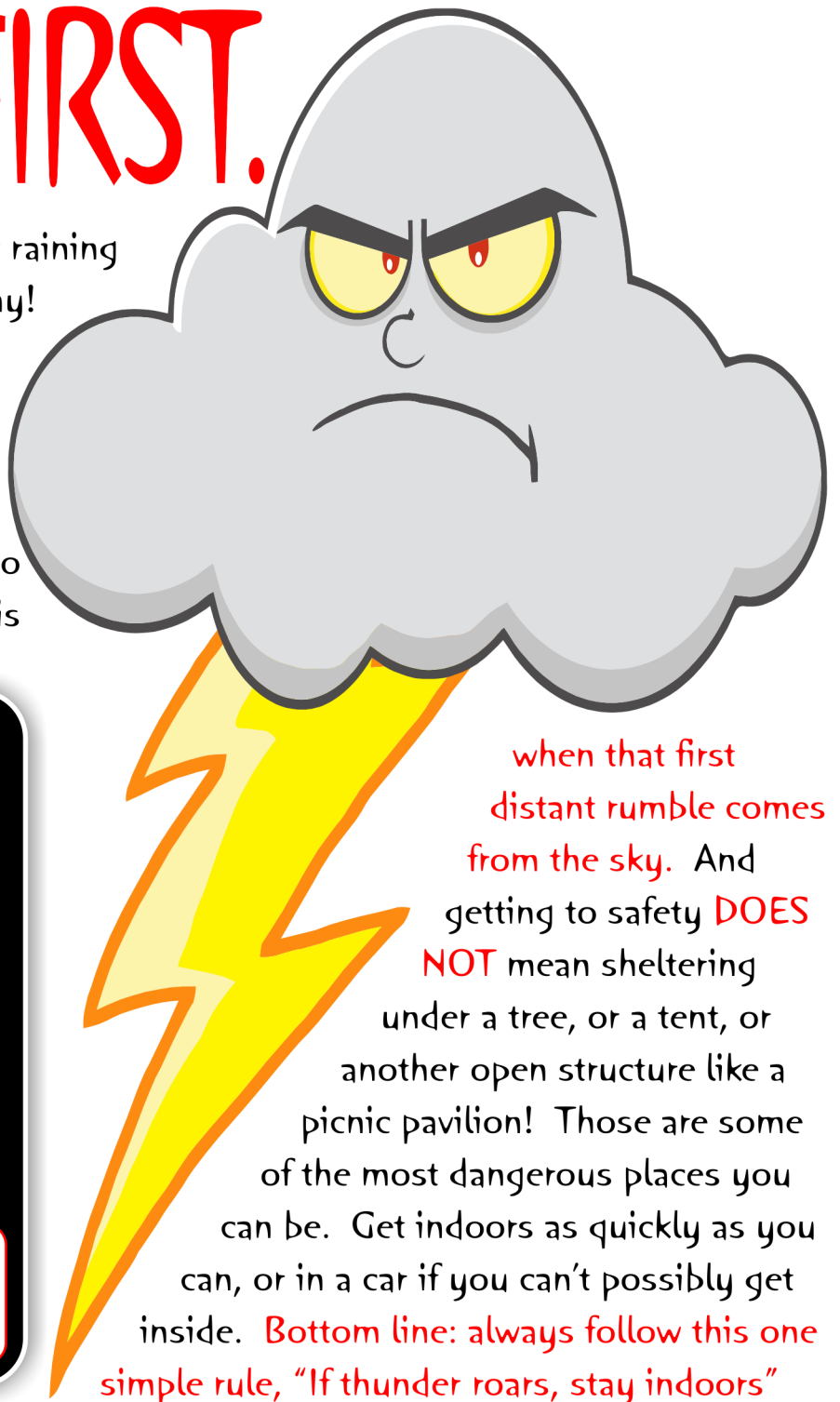


# SAFETY FIRST.

Lightning can strike even if it's not raining and the skies around you are sunny!

Indeed, lightning often strikes 3 miles from a thunderstorm and may even strike 10 miles away!

Put simply, if you can hear the thunder, you could be in danger, so the time to get out of harm's way is



when that first distant rumble comes from the sky. And getting to safety **DOES NOT** mean sheltering under a tree, or a tent, or another open structure like a picnic pavilion! Those are some of the most dangerous places you can be. Get indoors as quickly as you can, or in a car if you can't possibly get inside. **Bottom line: always follow this one simple rule, "If thunder roars, stay indoors"**

the big number

# 25

Think lightning won't strike twice in the same place? The Empire State Building is struck an average of 25 times year!

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"SAFETY FIRST"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### QUINOA

Pronounced "keen-wah," this South American food is the ancient "gold of the Incas." Quinoa has a crunchy texture and light, nutty flavor, and it provides a dozen key nutrients, including more iron and protein than most plant foods and much more fiber than most other grains.



## LIVE HEALTHIER

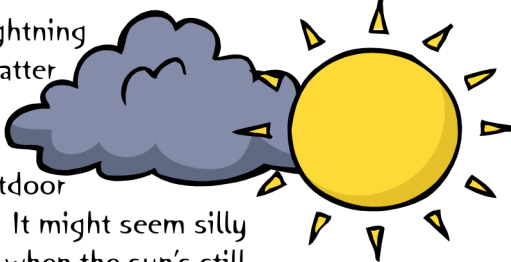
Want to improve your stress level this summer? Try planting a small vegetable, flower, or herb garden! If you don't have outdoor space, plant a few pots, indoors or out. Gardening is good for our well-being, allowing us to slow down a little and feel grounded (literally!), relaxed, and connected to living, growing things - things that can also be beautiful and/or delicious! Never gardened before? Start small.

A packet of basil seeds planted in a big pot will deliver great fresh flavor for many months in your kitchen!



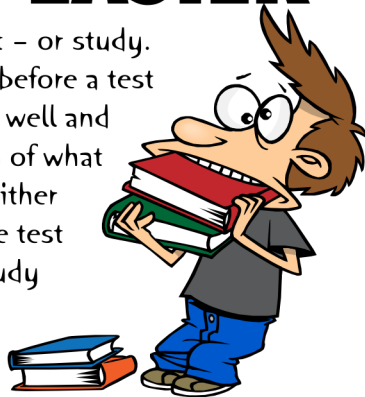
## PLAY HARDER

Thunder and lightning are a serious matter when you're playing in or watching an outdoor sporting event. It might seem silly to stop playing when the sun's still shining, but many sports (for kids or adults) require play to halt until there's no thunder for 30 minutes.



## LEARN EASIER

Cramming is no way to eat - or study. When you cram the night before a test or quiz, you don't learn as well and you don't remember much of what you take in for very long either - maybe not even until the test the next day. Better to study for a shorter period for each of several nights before the big day.



**DON'T 4 GET!**  
Take at least **ONE**  
**FRUIT**  
or  
**VEGGIE**  
and at least **THREE**  
items total so your meal  
counts as a complete lunch!

*Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers.*

*Looking forward to next year, we're happy to report that these efforts, which have already led to increased fruit and vegetable consumption by American students, will continue!*