



# Walk Safely to School Day

## Information for Families



### Join in and celebrate Walk Safely to School Day!

Walk Safely to School Day is a great way to encourage your family to get active and teach children about road safety! On this day, we encourage families to either walk the whole or part of the way to our service.



We understand that not everyone can walk to and from the service so here are some inventive ways that you can still participate in Walk Safely to School Day:

- If you catch the bus or train with your child, try getting on at a stop further away.
- Walk to the grocery store or shops with your child.
- Walk or ride to the park with your child.
- As a family, walk or ride to family or friends' places.
- Volunteer at your child's service to take the children on a walking excursion.
- Set up a walking school bus with other families in your neighbourhood.



### Mexican Corn and Zucchini Fritters

\*Accessed from [healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)

Why not try these delicious and nutritious fritters to help keep your family healthy on Walk Safely to School Day.

#### Ingredients:

- 2 x large eggs
- 1/2 cup self-raising flour
- 1/3 cup reduced fat milk
- 1/3 cup grated reduced fat tasty cheese
- 2 medium (200g) zucchini, grated
- 420g can corn kernels, drained
- 1/2 bunch fresh chives, finely chopped
- 1/2 tsp paprika
- Canola or olive oil cooking spray
- 1 ripe avocado
- Squeeze of lemon or lime juice
- 1 tomato, cut into wedges, to serve
- Baby lettuce leaves, to serve



#### Method:

1. Whisk eggs, flour and milk together in a large bowl.
  2. Stir in grated cheese, zucchini, corn, chives and paprika.
  3. Heat a large non-stick frying pan and lightly grease with cooking spray. Drop heaped tablespoons of mixture into hot pan, spreading it out evenly.
  4. Cook fritters over a medium heat for 2-3 minutes on each side or until golden brown and cooked through.
  5. Continue with remaining mixture, re-greasing pan with cooking spray as necessary.
  6. Mash avocado with lemon juice in a small bowl.
  7. Top warm fritters with mashed avocado and serve with tomato and lettuce.
- Note: Serves 4 (makes 12 fritters)