

## Families Making the Connection

### Take a Hike

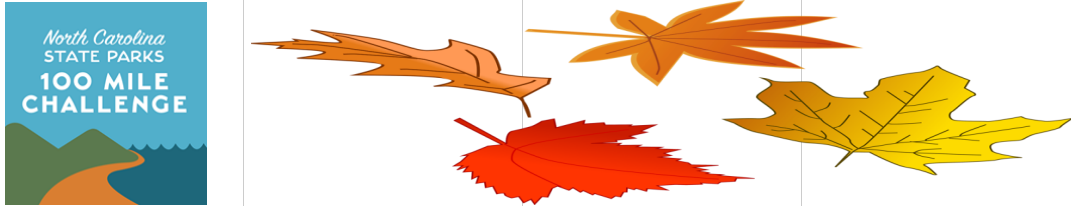
When was the last time you went on a hike? November 17 would be a great time to go on a family hike because it is national Take a Hike Day. Hiking is not only fun. It is good for you, too. Regular physical activity, like hiking, enhances our health and fitness and improves the length and quality of our lives. Being out in nature is wonderful for our bodies and minds.

N.C. State Parks have issued the 100 Mile Challenge to encourage individuals and families to be physically active, get outside and explore parks. You can find out about the challenge and parks near you, log your miles, earn digital badges, and redeem prizes for your milestones at <https://nc100miles.org>. Our state is part of Kids in Parks with many of our state parks participating in the TRACK Trail program, which offers family-friendly adventures with self-guided tours, games and prizes. For more info, visit to [www.kidsinparks.com](http://www.kidsinparks.com).

Before you go on a hike, plan to:

- Wear sturdy, comfortable shoes and good socks. Use sunscreen, insect repellent, sunglasses and a hat.
- Pack a snack and extra water.
- Let someone know where you're going.
- Lock valuables in the trunk of your vehicle.
- Bring a trail map or take a photo of the map with your cell phone. Stay on the trail.
- Choose the right trail for your fitness level.
- Pay attention to the weather.
- Do not remove any natural objects. Do your part by carrying out your trash.
- Enjoy the beautiful landscapes!

## After School Snack Menu for November 2019 NHCS

				Friday, November 1
				Scooby Grahams 100% Juice
Monday, November 4	Tuesday, November 5	Wednesday, November 6	Thursday, November 7	Friday, November 8
Cheddar Goldfish 100% Juice	Cereal Bar Apple	Frozen Grahams 100% Juice	Sun Chips Snack Mix Apple	Pretzels 100% Juice
Monday, November 11	Tuesday, November 12	Wednesday, November 13	Thursday, November 14	Friday, November 15
Munchie Snack Mix 100% Juice	Cheez-Its Apple	Blueberry Muffin 100% Juice	Pretzels Apple	Scooby Grahams 100% Juice
Monday, November 18	Tuesday, November 19	Wednesday, November 20	Thursday, November 21	Friday, November 22
Cheddar Goldfish 100% Juice	Cereal Bar Apple	Frozen Grahams 100% Juice	Sun Chips Snack Mix Apple	Pretzels 100% Juice
Monday, November 25	Tuesday, November 26	Wednesday, November 27	Thursday, November 28	Friday, November 29
Munchie Snack Mix 100% Juice	Cheez-Its Apple	Blueberry Muffin 100% Juice	Pretzels Apple	Scooby Grahams 100% Juice

## November

- Good Nutrition Month
- Thanksgiving

Source: <https://www.ncparks.gov>



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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<http://childnutrition.ncpublicschools.gov>