## Sam the Safety Dog says...

The NSC Safety Dog, Sam, is here to share messages of safety just for kids like you! This time, Sam has a special message about safety in the back seat:

"Safety is no accident!

Make sure you buckle up every time you ride in a car. Ask an adult for help if you need it."







## Carrots, corn and cucumbers, oh my!

Vegetables help you stay healthy! You should eat three servings every day. Can you find the names of the veggies shown?

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