

Fire up the grill for some healthy summer BBQ

Try this recipe at your next barbeque and serve fresh fruit for dessert. You can find all of these ingredients at your local Walmart store.

Turkey-Avocado Burgers

Ingredients:

- 1 lb. ground turkey
- 1 c. Italian breadcrumbs
- 1 egg white
- 1 tsp. minced garlic
- ¼ c. diced onions
- 1 avocado, sliced
- 4 slices low-fat cheddar or Swiss cheese
- 4 whole wheat hamburger buns



Directions:

Combine turkey meat with egg white, onion, garlic, and breadcrumbs in a large bowl until mixed well. Using the side of your hand, score meat into four equal portions and form into patties. Grill each patty on medium to medium-high heat until meat is fully cooked, about 5 minutes on each side. Add one slice of cheese to each burger during the last minute of cooking to melt. Top burger with fresh avocado and serve on a wheat bun. This twist on your classic burger goes great with salsa and low-fat Ranch dressing in place of ketchup and mustard!

or on YouTube:
<http://www.youtube.com/walmartcommunity>



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Walmart Stores, Inc.
CAN New England
P.O. Box 231113
Boston, MA 02123-9901



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NEW ENGLAND

SUMMER 2010

SUMMER IS IN FULL SWING!

Customer Action Network Members, After a long winter and a cool spring, summer is finally upon us! Beat the heat with some tips you'll find in this newsletter and read on to discover new ways Walmart is helping its customers live better. Don't forget: you can always contact us at the email and phone number on the back page if you have any questions or comments about CAN.

Have a great summer season!
Wal-Mart Stores, Inc.



HAVE A BALL AT THE BEACH! A day at the beach is fun for the whole family, but don't let sunburns and strong currents ruin your day. Follow these tips to stay safe and have fun this summer at the beach:

- 1 Wear plenty of sunscreen and reapply every two hours when sweating or in the water. Aim for a broad spectrum SPF 15 or higher to protect from UVA and UVB rays.
- 2 Sunglasses aren't just for looks! They can protect your eyes from sun damage too. Pick lenses that are dark amber or grey and have 100 percent UVA protection.
- 3 Pay attention to current advisories. If the current is too strong, consider staying on the sand. Bringing games and toys like Frisbees® and volleyballs are a great way to keep everyone entertained and active.
- 4 Relax under the shade. Take an umbrella to shield you and your family from the sun. Encourage kids to take breaks every hour.
- 5 Drink plenty of water. When out in the sun, dehydration can quickly sneak up on you.



Now you CAN help the Environment!

The Walmart CAN Newsletter is going paperless. To receive our E-edition of the CAN newsletter, please update your E-mail address at

CAN@walmartsupport.com
or by calling **1-877-859-4555.**





Community Counts

Walmart Tackles Nationwide Hunger

Over the next five years, Walmart announced that it will bump up its donations to national food banks totaling \$2 billion. Donations will cover over 1.1 billion pounds of food, refrigerated trucks to transport food to the programs, and will feed school children during the summer when they are not receiving government meals in school.



Walmart Community Votes Encourages Voters to take Action



A new Walmart initiative is encouraging voters to go to the polls this November. With Walmart Community Votes, customers can now learn everything they need to know about their state's voting rules, procedures, and instructions for registering to vote by visiting www.walmartcommunityvotes.com. The program provides community

members with valuable election news, dates, and information about their elected officials and candidates, along with links and other information voters need to make informed decisions. Visit the website today to see what you can do to make your vote count!

Walmart raises \$70K for Children's Hospital

More than 200 Walmart and Sam's Club associates from 63 Massachusetts and New Hampshire locations were honored in April for raising \$683,000 for Children's Hospital Boston through Children's Miracle Network in 2009. The Walmart in North Oxford raised more than \$70,000, making it the top fundraising location in the Boston market and the third fundraising location nationwide.



Walmart Helps Sponsor Wheelchair Ramp in Weymouth, MA

Walmart made a donation to the Johnson Early Childhood Center in Weymouth, MA, to help build a wheelchair ramp at the school. Chris Buchanan, left, Senior Public Affairs Manager for Walmart, attended a ribbon-cutting ceremony for the new ramp. He is pictured with State Representative James Murphy and employees at the Johnson Early Childhood Center.



Real Estate News

Tilton, NH: Walmart will be expanding the Tilton, NH location at East Main Street to include a full-sized grocery component. The expansion will add 33,000 square feet to the current store and will create approximately 85 new jobs. New lighting and landscaping are also planned for the site. The store will remain open during construction.



Hanover, MA: The Hanover Walmart will get a makeover in the upcoming months. The store will feature new lighting, wider aisles, and updated signage. Approximately 40 temporary workers were hired to assist with renovations.



Derry, NH: Walmart announced this month that it will relocate its current Manchester Road store to the corner of Ashleigh Drive and Route 28 in Derry. The new store will feature a grocery department alongside of 30 aisles of general merchandise.



Walmart: Giving your community more!



"If we work together, we'll lower the cost of living for everyone... we'll give the world an opportunity to see what it's like to have a better life." – Sam Walton

Sam Walton believed that selling general merchandise at a lower price could benefit families and communities by helping them save money and live better. Walmart communities continually enjoy low prices on their favorite items while also receiving tax revenue benefits that fund town services, organizations, and activities. Along with these everyday low prices and benefits for your community, Walmart gives even more annually through cash and in-kind donations.

Here's how much Walmart is giving your community annually:

- Connecticut:** \$2,500,000
- Maine:** \$2,500,000
- Massachusetts:** \$8,000,000
- New Hampshire:** \$3,600,000
- Rhode Island:** \$1,100,000
- Vermont:** \$926,888

All figures include cash, in-kind donations, and donations from Walmart stores, Sam's Club locations, Walmart Foundation, customers and employees.
2009 information courtesy of www.walmartfacts.com