March National Nutrition Month

National Nutrition month is a great time to practice your 5210 HC healthy habits!

1 **Download and use** your resources such as games, tip sheets, handouts, and videos, including 20 Ways to Enjoy More Fruits and Vegetables (https://psu.box.com/March5210HC), at eatright.org to keep your #5210HC habits going!

Post to your social media sites!

2

National Nutrition Month is established every year through the Academy of Nutrition and Dietetics. This month is used to spread awareness and to help implement healthier lifestyle choices. Use your resources at http://ow.ly/Bngsl to keep your #5210HC habits going! To learn more about 5210 Healthy Children, visit 5210.healthychildren.psu.edu!

Check out http://ow.ly/Bngsl for more nutrition tips during National Nutrition Month to keep those #5210HC habits going strong!

Participate in the 5210 Challenge of the Month!

3 Let's keep our #5210HC habits going! Can you "Ace" the choosemyplate.gov quizzes on food groups and vegetables? Complete and share your results on social media and tag #5210HC to let us know how you're doing! Visit https://psu.box.com/5210HCMarchChallenge to learn more!