

April National Garden Month

April showers bring May flowers- so let's start a garden!

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Download and use this kitchen garden checklist (<https://psu.box.com/April5210HMC>) to build your own home garden. To find out more on how to start a garden, visit www.letsmove.gov/gardening-guide.

Post to your social media sites!

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When filling up your plate, try making sure at least half of it is filled with a selection of fruits and vegetables. This helps you get your "5" while still eating what you enjoy! Visit <http://bit.ly/1RGR2ns> for a guide on eating at a dining hall or buffet! #5210HMC To learn more about 5210 Healthy Military Children, visit 5210.healthymilitarychildren.psu.edu



Get your "5" by filling half of your plate with fruits & veggies. Use these 10 tips when at a dining hall <http://bit.ly/1RGR2ns> #5210HMC

Participate in the 5210 Challenge of the Month!

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National Garden Month is a great time to plant your own fruits and vegetables. Create a plan and grow at least 1 fruit or vegetable this month. Track the progress and share with us using #5210HMC. Visit <https://psu.box.com/5210HMCAprilChallenge> to learn more!