

April

National Garden Month

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

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.

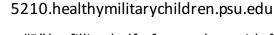
Post to your social media sites!







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





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!

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!