August

National Family Meals Month

Family meals are a great way to catch up after a day of 5210 activities!

1

Download and distribute this tip sheet found at https://psu.box.com/August5210HMC provides tips on eating away from home for families who are constantly on the go!

Post to your social media sites!

2

We're heading back to school and what's a better way to get back into the swing of things than with Family Meals Month. Sit together as a family and plan at least one meal to prepare, cook, and enjoy at the kitchen table each week this month! For ideas, visit http://bit.ly/1Octpwe. To learn more about 5210 Healthy Military Children, visit 5210.healthymilitarychildren.psu.edu!

Family Meals Month is a time to catch up & get some family time around the table. Visit http://bit.ly/1Octpwe for ideas! #5210HMC

Participate in the 5210 Challenge of the Month!

3

Your Challenge this month is to create a menu the whole family can take part in. Choose or create your own recipes, make it and take pictures! Afterwards, post to your favorite social media app tagging #5210HMC. Visit https://psu.box.com/5210HMCAugustChallenge to learn more!