

# July National Picnic Month

**National Picnic Month and Independence day are a perfect match!**

1

**Download and make** a festive red, white, and blue plate for your picnic! This helpful guide at <https://psu.box.com/July5210HMC> provides information on how to keep your food safe when heading out for your picnic.

**Post to your social media sites!**

2



It's National Picnic and Culinary Arts Month. Celebrate your Red White and Blue creativity and exercise your #5210HMC habits! Check out what fruits and vegetables are in season at [healthymeals.nal.usda.gov](http://healthymeals.nal.usda.gov), and use Red, White, and Blue to create a festive plate and celebrate our independence!

To learn more about 5210 Healthy Military Children, visit [5210.healthymilitarychildren.psu.edu](http://5210.healthymilitarychildren.psu.edu)!



Celebrate the 4th & National Picnic Month with a red, white & blue themed picnic. Visit <http://tinyurl.com/z3uwatj> for ideas #5210HMC

**Participate** in the 5210 Challenge of the Month!

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Celebrate the Red, White, and Blue with the 5210 Challenge of the month. We challenge you to complete a 5210 activity with at least 3 of your friends wearing red, white, and blue! Post it to social media with #5210HMC. Visit <https://psu.box.com/5210HMCJulyChallenge> to learn more!