

June

Fresh Fruit and Vegetable Month

Add some color to your plate and hit your 5 with fresh fruit and vegetable month!

1

Download and make a rainbow with your salad! This helpful guide at <https://psu.box.com/June5210HMC> will show you how to color your plate at the salad bar along with information on the health benefits of creating a colorful plate.

Post to your social media sites!

2



School is almost out and the first day of summer is heading our way. Grab some friends and family for some fun in the sun! Use <http://bit.ly/1R4TOM4> as a guide for planning what drinks to bring for children.

To learn more about 5210 Healthy Military Children, visit 5210.healthymilitarychildren.psu.edu



The 1st day of summer is here! Beat the heat & cool down with water instead of juice. Learn more at <http://bit.ly/1R4TOM4>. #5210HMC

Participate in the 5210 Challenge of the Month!

3

Your Challenge this month is to visit a farmers market and take pictures of your experience. Upload your experience to your favorite social media app and tag #5210HMC so we can join in on the fun! Visit <https://psu.box.com/5210HMCJuneChallenge> to learn more!