



Social Media Post April

The Clearinghouse for Military Family Readiness and 5210 Healthy Military Children invites you to participate in the 5210 Social Media Post of the Month! Copy and paste the text and post on social media such as Facebook or Twitter. You can also copy and paste the photo from below, or use your own photo! Finish your post with #5210HMC. This will allow the Clearinghouse team to review and highlight installations and their venues participating in the health messaging campaign!

2

National Garden Month

SHARE 5210HMC ON SOCIAL MEDIA



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