



Challenge of the Month

APRIL

3

The Clearinghouse for Military Family Readiness and 5210 Healthy Children invites you to participate in the 5210 Challenge of the Month! The Challenge of the Month can be done by all ages and it's recommended to complete with a group of friends or family.

When completing the challenge, take pictures to later post on social media such as Facebook or Twitter. Finish your post with #5210HC. This will allow the Clearinghouse team to review and highlight those participating in the health messaging campaign!

So get out there and participate in the Challenge of the Month! Good luck!

National Garden Month

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, plant, and grow at least 1 fruit or vegetable this month. Track the progress and share with us using #5210HC. Use www.nationalgardenmonth.org as a resource for gardening tips and ideas!



National Garden Month Website

Growing the Next Generation

Found on nationalgardenmonth.org, this website provides links to kidsgardening.org and garden.org offering "FREE gardening and educational resources to educators, families, and home and community gardeners of all ages". Use these resources as you complete your Challenge of the Month in planting your own fruit and/or vegetable!

Tag #nationalgardenmonth

Stay trending with #5210HC and #nationalgardenmonth when posting your pictures and events during your Challenge of the month!