



Challenge of the Month

JULY

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 Picnic Month

PARTICIPATE IN THE 5210 CHALLENGE OF THE MONTH

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 #5210HC!



Healthy Meals Resource System

Team Nutrition

The United States Department of Agriculture and Team Nutrition provide resources regarding nutritional topics. Here, visitors can find recipes, menu planning, best practices, nutrition education materials and a resource library. Use <http://healthymeals.nal.usda.gov/features-month/whats-season/summer> to learn what foods are seasonal for the summer. Pick out red, white, and blue fruits and veggies to complete your challenge!