



Challenge of the Month

FEBRUARY

3

The Clearinghouse for Military Family Readiness and 5210 Healthy Military 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 #5210HMC. This will allow the Clearinghouse team to review and highlight installations and their venues participating in the health messaging campaign!

National Snack Month

PARTICIPATE IN THE 5210 CHALLENGE OF THE MONTH

Can you create a snack with 5 different fruit and vegetable ingredients? Use USDA What's Cooking recipes to help you plan, create, and share your recipe on social media tagging #5210HMC!



The USDA What's Cooking?

What's Cooking? Website

The United States Department of Agriculture 'What's Cooking?' website provides recipes, cookbooks, nutrition fact sheets, and videos. Visit at <https://www.whatscooking.fns.usda.gov>

Menu Builder

USDA What's Cooking website will soon feature a menu builder, that allows visitors to build healthy menus and get a shopping list. Visitors can also create and print their own cookbook, browse recipes by nutrition themes, and watch how-to videos of recipes!