



Challenge of the Month

JUNE

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!

Fresh Fruit and Vegetable Month

PARTICIPATE IN THE 5210 CHALLENGE OF THE MONTH

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!



National Farmers Market Directory

USDA Local Food Directory

The United States Department of Agriculture and the Agricultural Marketing Service maintain a list of markets that “feature two or more farm vendors selling agricultural products directly to customers at a common, recurrent physical location”. Using a zip code, visitors can search for markets near their location. Start your search at <https://www.ams.usda.gov/services/local-regional/food-directories-listings>.