



FEBRUARY National Snack Month

Get creative with your snacks using a variety of foods for National Snack Month!!

1

Download and plan a smart snack for National Snack Month. Check out <http://5210.psu.edu/wp-content/uploads/2017/04/1February5210HC.pdf> for 25 ideas on Healthy Snacks!

Post to your social media sites!

2



It can be hard for children to focus through the length of the school day when they are hungry and need a snack. Packing produce, such as apples, bananas, peaches, or oranges, is an easy way to keep your child full throughout the day and get their 5 servings of fruits or vegetables. During National Snack month, keep these strategies in mind for yourself and your child. #5210HC To learn more about 5210 Healthy Children, visit 5210.psu.edu!



Fruit is an easy and portable snack that helps you stay fueled & focused all day! #5210HC

Participate in the 5210 Challenge of the Month!

3

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 #5210HC! Visit <http://5210.psu.edu/wp-content/uploads/2017/04/3February5210HCChallenge.pdf> to learn more!