



Social Media Post

FEBRUARY

The Clearinghouse for Military Family Readiness and 5210 Healthy Military Children invites you to participate in the 5210 Social Media Post of the Month! Copy and paste the text and post on social media such as Facebook or Twitter. You can also copy and paste the photo from below, or use your own photo! 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!

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National Snack Month

SHARE 5210HMC ON SOCIAL MEDIA



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. #5210HMC

To learn more about
5210 Healthy Military Children, visit
[5210.psu.edu!](http://5210.psu.edu)



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

