



Social Media Post MARCH

The Clearinghouse for Military Family Readiness and 5210 Healthy 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 past the photo from below, or use your own photo! Finish your post with #5210HC. This will allow the Clearinghouse team to review and highlight those participating in the health messaging campaign!

National Nutrition Month

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SHARE 5210HC ON SOCIAL MEDIA



National Nutrition Month is established every year through the Academy of Nutrition and Dietetics. This month is used to spread awareness and to help implement healthier lifestyle choices. Use your resources at <http://ow.ly/Bngsl> to keep your #5210HC habits going! To learn more about 5210 Healthy Children, visit 5210.psu.edu!



Check out <http://ow.ly/Bngsl> for more nutrition tips during National Nutrition Month to keep those #5210HC habits going strong!