



# April National Garden Month

**April showers bring May flowers- so let's start a garden!**

1

**Download and use** this kitchen garden checklist (<http://5210.psu.edu/wp-content/uploads/2017/04/1April5210HC.pdf>) to build your own home garden.

**Post to your social media sites!**

2



When filling up your plate, try making sure at least half of it is filled with a selection of fruits and vegetables. This helps you get your "5" while still eating what you enjoy! Visit <https://t.co/IBG6QHU8g0> for a guide on eating at a dining hall or buffet! #5210HC To learn more about 5210 Healthy Children, visit [5210.psu.edu](http://5210.psu.edu)



Get your "5" by filling half of your plate with fruits & veggies. Use these 10 tips when at a dining hall <https://t.co/IBG6QHU8g0> #5210HC

**Participate** in the 5210 Challenge of the Month!

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National Garden Month is a great time to plant your own fruits and vegetables. Create a plan and grow at least 1 fruit or vegetable this month. Track the progress and share with us using #5210HC. Visit <http://5210.psu.edu/wp-content/uploads/2017/04/3April5210HCChallenge.pdf> to learn more!