



Social Media Post JULY

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!

2

National Picnic Month

SHARE 5210HC ON SOCIAL MEDIA



It's National Picnic and Culinary Arts Month. Celebrate your Red White and Blue creativity and exercise your #5210HC habits! Check out what fruits and vegetables are in season at healthymeals.nal.usda.gov, and use Red, White, and Blue to create a festive plate and celebrate our independence! To learn more about 5210 Healthy Children, visit 5210.psu.edu!



Celebrate the 4th & National Picnic Month with a red, white & blue themed picnic. Visit <http://tinyurl.com/z3uwatj> for ideas #5210HC