



5210 Toolkits

Did you know that we provide toolkits to help you implement 5210? Parallel campaigns have been created to implement 5210 on a military installation or in a civilian community.

The **5210 Healthy Military Children** toolkit provides resources for venues on a military installation, such as youth centers, child development centers, commissaries, dining halls, and fitness centers. The **5210 Healthy Children** toolkit provides resources for civilian venues, such as schools, community centers, restaurants, workplaces, and for healthcare professionals. Both toolkits provide resources for families, elementary schools, and middle and high schools. You can download toolkits at www.5210.psu.edu/toolkits

Toolkits

Parallel campaigns have been created to implement 5210 on a military installation or in a civilian community. Healthy Military Children will provide toolkits for venues on an installation, like Commissaries or Child Development Centers. 5210 Healthy Children will provide toolkits for civilian venues, like Grocery Stores and Restaurants. Click on a campaign to learn more about each toolkit.

[Click for the military version of this toolkit](#)

[Click for the civilian version of this Toolkit](#)



5210 Tips for Families



5 or more servings of fruits and vegetables!

Fruits and vegetables provide a lot of nutrients and water without a lot of calories. Try these tips for getting more fruits and veggies!

- Offer your family new fruits and veggies in different ways; it can take 7-10 tries before you like a new food.
- Wash and chop veggies and fruits so they are ready to grab and eat.
- Add fruit to your cereal, oatmeal, or other breakfast foods.
- Be a good role model for you family, and have at least one veggie at every meal.

Participate in the 5210 Spring Challenge!

Now is a great time to start a home garden! Create a plan, plant, and grow a few vegetables. Try growing squash, cucumbers, peas, or tomatoes. Take photos of what you planted and share on social media using #5210HC and #5210HMC!

Read Our Blog Posts!

Blog posts can be found under the “Healthy Highlights” tab located on our website’s home page! Recent blog posts include the following:

- How to Buy Fruits and Vegetables on a Budget
- What Parents Need to Know about Vaping and JUULing
- Are Canned and Frozen Fruits and Veggies as Healthy as Fresh?
- What to Drink: Aim for 0 Sweetened Beverages
- Smart Snack Tips for Healthy Children



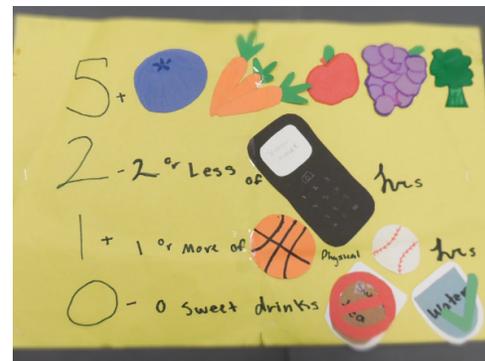
The Month of the Military Child

In April, we celebrated The Month of the Military Child! The Month of the Military Child is a time to recognize and honor military families and their children for the sacrifices they make and the challenges they overcome.

Children of military families make sacrifices and face unique challenges. For example, as they grow up, military children often move to new states or countries many times as their parent transfers to new assignments. Military children move an average of 10 times while growing up! Because of these frequent moves, they have to adjust to starting new schools and making new friends. Also, children of military families often have a parent deployed and may not get to see that parent for long periods of time.

Former Defense Secretary, Casper W. Weinberger, started the Month of the Military Child in 1986. He wanted to recognize the sacrifice that military children make by having one or both parents in the military. The Month of the Military Child is sponsored by the Department of Defense Military Community and Family Policy and supported by many other organizations.

We celebrated The Month of the Military Child by partnering with the U.S. Department of Defense Education Activity (DoDEA) to host an Artist Spotlight competition for DoDEA students based on the 5210 Healthy Military Children campaign. The winners are shown to the right!



Artwork by: Tiara



Artwork by: Hailey

Featured Recipe: Confetti Orzo Salad

INGREDIENTS:

- 3 cups cooked orzo, cooled
- 1/4 cup lightly toasted walnuts, chopped
- 1 small zucchini, grated or chopped
- 1 carrot, grated or sliced
- 1/4 cup fresh basil leaves, chopped
- 12 cherry tomatoes, quartered
- 1/4 cup raisins
- 1/4 cup freshly grated Parmesan cheese
- 1 1/2 tablespoon lemon juice
- 2 tablespoons olive oil
- 1/2 teaspoon salt

DIRECTIONS:

- Put all the ingredients in the mixing bowl and stir well.
- Serve right away or cover and refrigerate up to 2 days.
- Source: www.ChopChopMag.org



Contact Us

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Social Media

Facebook: www.facebook.com/5210HC
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CLEARINGHOUSE
FOR MILITARY FAMILY READINESS