



Fresh Fruit & Vegetable Month (June)

Fresh Fruit & Vegetable Month

National Nutrition Month Celebration Toolkit:

<https://www.eatright.org/food/resources/national-nutrition-month#.VBGYkGd0yUk>

#FRESHFRUIT&VEGGIES
#5210HC



Post to Social Media

Just copy, paste and post!



School is almost out and the first day of summer is heading our way. Grab some friends and family for some fun in the sun! Use <https://t.co/RuzRn1EXzR> as a guide for planning what drinks to bring for children. To learn more about 5210 Healthy Children, visit 5210.psu.edu



The 1st day of summer is here! Beat the heat & cool down with water instead of juice. Learn more at <https://t.co/RuzRn1EXzR>

Choose a Challenge

Farmers Market Experience

<http://5210.psu.edu/wp-content/uploads/2017/04/3june5210hmc-challenge.pdf>

Make a Rainbow at the Salad Bar

<http://5210.psu.edu/wp-content/uploads/2017/04/1june5210hmc.pdf>

We Can! Challenge Trivia

<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/trivia.htm>

Fruit & Veggie Challenge

https://5210.psu.edu/wp-content/uploads/2018/05/Stuck_On_FruitsVeggies.pdf

Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)

CLEARINGHOUSE
FOR MILITARY FAMILY READINESS