



# Grain Train

## 5210 Introduction

Bread and cereals are good sources of fiber, carbohydrates, protein and a wide range of vitamins and minerals. Grains are an essential part of a healthy diet, providing nutrients and energy for a child's normal growth and development. Use the challenges to explore what healthy grains are and get kids trying a variety of whole grain products.

#wholegrains  
#wholegrainsmonth  
#5210HC



## Post to Social Media

Just copy, paste and post!



Are you wanting to introduce more whole grains into your family's meals and snacks, but are worried your children may not like them? Try to incorporate different types of whole grain products and get your children involved in planning the meals. Use <https://bit.ly/2Q4yAre> to make a delicious whole grain snack. To learn more about 5210 Healthy Children, visit [5210.psu.edu](http://5210.psu.edu)!



Get healthy by incorporating more whole grains in your diet! Let us know your favorite whole grain foods are. #5210HC #wholegrains

## Choose a Challenge

### Whole Grain Heroes

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/09/The-Whole-Grain-Heroes-in-Action-hc.pdf>

### Whole Grain Fruit Bar Recipe

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/09/Whole-Grain-Fruit-Bar-Recipe-hc.pdf>

### What are Grains?

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/09/What-is-a-Whole-Grain-hc.pdf>

### Grain-Go!

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/09/Grain-Go-hc.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](#)

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FOR MILITARY FAMILY READINESS