



# Happy Healthy Holidays (December)

## International Walk to School Day

Make healthier holiday choices! Find 10 tips for a healthier holiday here: <http://5210.psu.edu/wp-content/uploads/2017/04/1december5210hmc.pdf>

**#HEALTHYHOLIDAY**  
**#5210HMC**



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## Post to Social Media

Just copy, paste and post!



We have had a great year promoting 5210 Healthy Military Children! Use the hashtag '#5210HMC' to share your favorite 5210 Healthy Military Children moment this year! To learn more about 5210 Healthy Military Children, visit [5210.psu.edu](http://5210.psu.edu)!



Use the hash tag '#5210HMC' to share your favorite 5210HMC moment with us. Thanks for being a part of it all & see you next year!

## Choose a Challenge

### Plan an Holiday Meal or Activity

<http://5210.psu.edu/wp-content/uploads/2017/04/3december5210hmc-challenge.pdf>

### Go Sledding

<https://psu5210.staging.wpengine.com/wp-content/uploads/2018/10/Sledding-and-Tubing-Safety-hmc.pdf>

### Winter Food Fun

<https://www.usda.gov/media/blog/2014/12/16/winter-food-fun-kids-all-ages>

### Rainy Day Activities

<https://5210.psu.edu/wp-content/uploads/2018/06/10-Rainy-Day-TES-final.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