



National Garden Month (April)

National Garden Month

Celebrate National Garden Month and get ideas here:

<https://bit.ly/1ix0dDI>

#NATIONALGARDENMONTH
#5210HC



Post to Social Media

Just copy, paste and post!



When filling up your plate, try making sure at least half of it is filled with a selection of fruits and vegetables. This helps you get your “5” while still eating what you enjoy! Visit for a guide on eating at a dining hall or buffet! #5210HC To learn more about 5210 Healthy Children, visit 5210.psu.edu



Get your “5” by filling half of your plate with fruits & veggies. Use these 10 tips when at a dining hall <https://t.co/IBG6QHU8g0> #5210HC

Choose a Challenge

Plan, Plant, & Grow!

<https://5210.psu.edu/wp-content/uploads/2019/02/Kitchen-Garden-Checklist-hc.pdf>

School Garden Challenge

<http://www.actionforhealthykids.org/game-on/find-challenges/school-garden-challenges>

Build a Terrarium

<https://5210.psu.edu/wp-content/uploads/2019/02/Building-a-Terrarium-hc.pdf>

Taste Test Challenge

<https://5210.psu.edu/wp-content/uploads/2019/02/Fresh-Fruit-and-Vegetable-Taste-Test-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](#)

CLEARINGHOUSE
FOR MILITARY FAMILY READINESS