



National Nutrition Month (March)

National Nutrition Month

National Nutrition Month Celebration Toolkit:

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

#NATIONALNUTRITIONMONTH
#5210HC



Post to Social Media

Just copy, paste and post!



National Nutrition Month is established every year through the Academy of Nutrition and Dietetics. This month is used to spread awareness and to help implement healthier lifestyle choices. Use resources at <http://ow.ly/Bngsl> to keep your #5210HC habits going! To learn more about 5210 Healthy Children, visit 5210.psu.edu!



Check out <http://ow.ly/Bngsl> for more nutrition tips during National Nutrition Month to keep those #5210HC habits going strong!

Choose a Challenge

MyPlate Quizzes

<http://5210.psu.edu/wp-content/uploads/2017/04/3march5210hmc-challenge.pdf>

Coloring and Activity Pages for Kids

<https://5210.psu.edu/wp-content/uploads/2019/02/FruitsVeggies-Color-Sheet-hc.pdf>

Supermarket Challenge

<https://5210.psu.edu/wp-content/uploads/2019/02/All-Forms-Count-hc.pdf>

Eat your Colors Everyday

<https://5210.psu.edu/wp-content/uploads/2018/05/Eat Your Colors.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