



National Family Meals Month (August)

National Family Meals Month

10 tips for eating foods away from home:

<https://bit.ly/2EiuOYi>

#FAMILYMEALSMONTH
#5210HMC



Post to Social Media

Just copy, paste and post!



We're heading back to school and what's a better way to get back into the swing of things than with Family Meals Month. Sit together as a family and plan at least one meal to prepare, cook, and enjoy at the kitchen table each week this month! For ideas, visit

<https://bit.ly/2EiuOYi>. To learn more about 5210 Healthy Military Children, visit 5210.psu.edu!



Family Meals Month is a time to catch up & get some family time around the table. Visit <https://bit.ly/2EiuOYi> for ideas! #5210HMC

Choose a Challenge

Create a Menu

<http://5210.psu.edu/wp-content/uploads/2017/04/3august5210hmc-challenge.pdf>

Host a Family Cooking Night

<https://5210.psu.edu/wp-content/uploads/2019/02/Cooking-a-Dinner-Together-hmc.pdf>

All Forms Count

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

Device Free Dinner Challenge

<https://www.common sense media.org/device-free-dinner#>

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