



# National Picnic Month (July)

## National Picnic Month

Follow these guidelines to keep food safe during summer picnics: <http://5210.psu.edu/wp-content/uploads/2017/04/1july5210hmc.pdf>

#NATIONALPICNICMONTH  
#5210HC



## Post to Social Media

Just copy, paste and post!



It's National Picnic and Culinary Arts Month. Celebrate your Red White and Blue creativity and exercise your #5210HC habits! Check out what fruits and vegetables are in season at [healthymeals.nal.usda.gov](http://healthymeals.nal.usda.gov), and use Red, White, and Blue to create a festive plate and celebrate our independence! To learn more about 5210 Healthy Children, visit [5210.psu.edu](http://5210.psu.edu)!



Celebrate the 4th & National Picnic Month with a red, white & blue themed picnic. Visit <https://bit.ly/2StbRpg> for ideas #5210HC

## Choose a Challenge

### Red, White, and Blue Challenge

<http://5210.psu.edu/wp-content/uploads/2017/04/3july5210hmc-challenge.pdf>

### MyPlate Coloring Sheet

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

### Whole Grain Word Scramble

[https://5210.psu.edu/wp-content/uploads/2019/02/Word-Scramble-Whole-Grains\\_hc.pdf](https://5210.psu.edu/wp-content/uploads/2019/02/Word-Scramble-Whole-Grains_hc.pdf)

### ReThink your Drink

<https://5210.psu.edu/wp-content/uploads/2019/02/Rethink-your-Drink-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