



# National Snack Month (February)

## National Snack Month

Healthy Snacks for Kids: [https://5210.psu.edu/wp-content/uploads/2018/02/healthykidssnacks\\_hmc\\_7-11-17.pdf](https://5210.psu.edu/wp-content/uploads/2018/02/healthykidssnacks_hmc_7-11-17.pdf)

**#HEALTHYSNACKS**  
**#5210HC**



## Post to Social Media

Just copy, paste and post!



It can be hard for children to focus through the length of the school day when they are hungry and need a snack. Packing produce, such as apples, bananas, peaches, or oranges, is an easy way to keep your child full throughout the day and get their 5 servings of fruits or vegetables. During National Snack month, keep these strategies in mind for yourself and your child.  
#5210HC To learn more about 5210 Healthy Children, visit [5210.psu.edu!](https://5210.psu.edu/)



Fruit is an easy and portable snack that helps you stay fueled & focused all day! #5210HC

## Choose a Challenge

### Recipe Challenge

<http://5210.psu.edu/wp-content/uploads/2017/09/02february5210hmc-challenge.pdf>

### SuperTracker for Teens

<https://5210.psu.edu/wp-content/uploads/2018/05/SuperTrackerHighSchoolLessonPlans2016Updates-FINAL-1.pdf>

### Class Snack Program

[https://5210.psu.edu/wp-content/uploads/2019/02/classsnackprogram\\_hc\\_7-11-17s.pdf](https://5210.psu.edu/wp-content/uploads/2019/02/classsnackprogram_hc_7-11-17s.pdf)

### Hold a Healthy Fundraiser

<https://5210.psu.edu/wp-content/uploads/2019/02/healthy-fundraising-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