

5210 Introduction

Did you know that the USDA recommends filling HALF your plate with colorful fruits and vegetables at every meal! Get started by making fruits and vegetables convenient to eat at home. Use the challenges to incorporate more fruits and veggies and portion servings to help increase produce consumption.

#5servingsfruitsandveggies
#morematters
#5210HMC



Post to Social Media

Just copy, paste and post!



Fruits and vegetables are a key part of an overall healthy body. They are a great source of vitamins, minerals and dietary fiber. Eat at least 5 fruits and vegetables a day. Involve your whole family in choosing and preparing fruits and vegetables. Use <https://bit.ly/2Bw2foz> to start trying new fruits and vegetables. To learn more about ways you can incorporate more fruits and veggies, go to 5210 Healthy Military Children, visit 5210.psu.edu!



Get healthy this month with 5210! Be creative in how you prepare and serve at least 5 servings of fruits and veggies to your meals. Post your tips and photos of your favorite fruits and veggies #5210HMC #morematters

Choose a Challenge

Vegetable Painting

<https://5210.psu.edu/wp-content/uploads/2018/09/Fun-Vegetable-Paintings-for-Kids-hmc.pdf>

Fruit/Vegetable Serving Sizes

<https://5210.psu.edu/wp-content/uploads/2018/09/Serving-Sizes-In-Your-Hands-hmc.pdf>

Vegetable Soup

<https://5210.psu.edu/wp-content/uploads/2018/09/Vegetable-Soup-Classroom-hmc-2.pdf>

Apple Taste Test

<https://5210.psu.edu/wp-content/uploads/2018/09/Apple-Taste-Test-hmc.pdf>

Fresh Fruit and Veggie Taste Test

<https://5210.psu.edu/wp-content/uploads/2018/09/Fresh-Fruit-and-Vegetable-Taste-Test-hmc.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](#)