

5210 FEATURE JULY

In this 5-2-1-0 Feature,
you will learn about:

- Summer Meal Sites
- Strategy #10
- Cucumbers



FIND MORE 5-2-1-0 RESOURCES:
www.iowahealthieststate.com/5210

FIND FREE MEALS THIS SUMMER

The Summer Food Service Program ensures that children continue to receive nutritious meals when school is not in session. Meals are free to all children 18 and under. No registration or ID is required! To find a free Summer Meal Site near you,

Text “FOOD” to 877-877 or Texto “COMIDA” al 877-877.



5-2-1-0 Strategies For Success

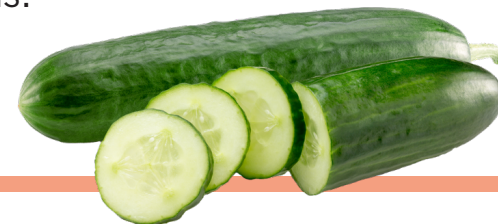
STRATEGY #10: Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.

- Is your food and nutrition team helping to promote the Summer Food Service Program to your students?
- What events can your site plan to celebrate nutrition staff this fall?

STAY COOL AS A CUCUMBER!

Cucumbers are a good source of Vitamin C and Vitamin K. Since they consist of 96% water, they are great for hydration, especially during the hot summer months!

Find posters, learning activities and other resources for Food of the Month:



[#HealthyChoicesCount](https://www.instagram.com/HealthyChoicesCount)