



FOR SUMMER FUN
Eat Smart. Play Hard.™

Summer Fun Challenge Week Two:

Monday	Tuesday	Wednesday	Thursday	Friday
Summer Fun Kickoff! Invite local partners, vendors to have a booth to showcase fun summer activities. Invite the media to help spread the word! http://bit.ly/2iGHLBP	My Plate! My Plate Food Relay Race <ul style="list-style-type: none"> • Details in resource section 	Shout it! Shout it! Read all about it! Reading challenge announced for summer! Read book and discuss as a group http://bit.ly/2j238Kb	Summer Fruit & Veggie Bingo! Challenge participants to Bingo with prizes and fun http://bit.ly/2iFbY2x	FUN Friday! Make a Splash Water balloon toss game
Who Can Help? Library YMCA Hospital or Clinic Dentist Office *See complete list in resource section	Who Can Help? Extension High School or college students 4H members FFA members Local hospital dietitian WIC dietitian Health Dept. *complete list in resource section	Who Can Help? Local library School librarian Local Rotary or Kiwanis Member Parents Teacher *complete list in resource section	Who Can Help? Local Farmer Master Gardener Extension Hospital/ clinic Parent Students YMCA Staff *complete list in resource section	Who Can Help? Anyone willing to help out and get wet!

Complete: Send your photos to sliewer@hungerfreeheartland.org Social Media #NESUMMERFUN

