



Summer Fun Challenge Week Five:

Monday	Tuesday	Wednesday	Thursday	Friday
My Plate Scavenger Hunt: Find foods from all 5 food groups to win!	60 Minute Series: Brain Breaks (physical activity ideas on popsicle sticks)	Summer Arts & Crafts: Painted pasta necklaces and paper airplane flying contest	60 Minute Series: Just Dance Competition	FUN Friday: Activity Stations: Play Fishing for Foods Game Make Your Own Trail Mix Station
Who Can Help? Extension WIC dietitian 4H members Retail dietitian Hospital/ clinic staff Students YMCA or community center *see complete list in resource section	Who Can Help? Teacher PE teacher or coach High School students Anyone who wants to have some fun!	Who Can Help? Local librarian Local artist School art teacher Parents Mayor or city council member *see resource section for complete list	Who Can Help? Local dance or gymnastics instructor High school students College students Local media or radio station host DJ Anyone who wants to have fun!	Who Can Help? Extension Local Parks and Rec Retail or local dietitian YMCA Local grocery store owner or staff *see complete list in resource section

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

