

REACH Social Media Calendar

September 2016



Share these social media posts on **facebook** and **twitter**, September is Fruits and Veggies Month and Childhood Obesity Awareness Month. Help spread the good word about your work.



Facebook Posts

You won't believe what #MichelleObama puts in her Mac and Cheese! Get her recipe here: goo.gl/ix2cz2

Straight from the Community Cookbook, chicken tacos taste-tested by community health workers:) See how you can make it too! goo.gl/A4j7XC

How big is a serving size of fruit? A big spoonful? A bowling ball? Find out how to get your 3-5 with this poster: goo.gl/M3GxnR

Be a local leader: Ask your corner stores to have fruits and vegetables. Get in touch with us if you want to see a store near you with bananas, avocados, and veggies. goo.gl/A4j7XC

What are your favorite things to do at the park? @pdxparks

Hula hoop or jump ropes, whats your game? #Partnering4Health

September is National Childhood Obesity Awareness Month! Learn how you can take part in the effort to encourage more children in your community to be physically active and eat a healthy diet. bit.ly/1pirD0j #NCOAM



Twitter Posts

Working to help ppl eat more fruits & veggies? Add your program to @Fruits_Veggies directory bit.ly/1S4KfAk #Partnering4Health

Use the #DietaryGuidelines to help your community develop #HealthyEating patterns bit.ly/dga-2015 #Partnering4Health

Kids need 60 minutes of active and vigorous play each day letsmove.gov/active-families

Questions: nicholas.rivas@multco.us