

Public Health Toolkit **SOCIAL MEDIA**



Winter Nutrition

POST: Keeping a healthier diet can improve heart health, and help manage diabetes and arthritis pain. https://www.cdc.gov/heartdisease/healthy_living.htm

TWEET: Keeping a healthier diet can improve heart health, and help manage #diabetes and #arthritis pain. #HealthyEating https://www.cdc.gov/heartdisease/healthy_living.htm

POST: Eating healthier foods can help your kids stay focused at school this holiday season. Check out some of the fun resources from Choose My Plate. <https://www.choosemyplate.gov/kids-parents-educators>

TWEET: Eating #HealthyFood can help students find more success in school. @MyPlate has resources to help your kids make healthier choices. <https://www.choosemyplate.gov/kids-parents-educators>

POST: You know what they say, an apple a day keeps the doctor away. Learn ways to cook and bake the New York State fruit. <http://www.applesfromny.com/varieties/>

TWEET: #DYK there are over 20 different varieties of apples grown in New York State? Find ways to bake and cook them. #NYSApples <http://www.applesfromny.com/varieties/>

POST: Want your kids to choose carrots over cookies? Ask them what their favorite superhero would eat! Recipes and resources. <http://jsyfruitveggies.org/>

TWEET: Want your kids to choose carrots over cookies? Ask them what their favorite superhero would eat! Recipes and resources. <http://jsyfruitveggies.org/>

POST: Your body needs fuel just like your car! Your body deserves the best. Get the resources you need to make it happen. <https://www.health.ny.gov/prevention/nutrition/>

TWEET: Your body needs fuel just like your car! Your body deserves the best. Get the resources you need to make it happen with @HealthNYGov. <https://www.health.ny.gov/prevention/nutrition/>

