

## Public Health Toolkit **SOCIAL MEDIA**



### WINTER HEALTHY NUTRITION

**POST:** Enjoy this healthy and easy salsa recipe from iChoose600!

<https://www.facebook.com/ichoose600/videos/424976868097809/>

**TWEET:** Enjoy this healthy and easy #salsa #recipe! #iChoose600

<https://www.facebook.com/ichoose600/videos/424976868097809/>

**POST:** Pickled radishes go great with burgers, tacos, avocados, and more!

<https://www.facebook.com/ichoose600/videos/368306697215990/>

**TWEET:** Pickled radishes go great with burgers, tacos, avocados, and more! #iChoose600 #recipe #pickledradishes

<https://www.facebook.com/ichoose600/videos/368306697215990/>

**POST:** Spruce up your typical salad with this recipe from iChoose600!

<https://www.facebook.com/ichoose600/videos/2777049105642988/>

**TWEET:** Spruce up your typical #salad with this #recipe from #iChoose600!

<https://www.facebook.com/ichoose600/videos/2777049105642988/>

**POST:** Holy guacamole. A quick, easy, and healthy guacamole recipe for game day!

<https://www.facebook.com/ichoose600/videos/688697728219022/>

**TWEET:** Holy #guacamole. A quick, easy, and healthy guacamole recipe for game day! #iChoose600

<https://www.facebook.com/ichoose600/videos/688697728219022/>

**POST:** This fruity, banana smoothie recipe makes a great alternative to ice cream.

<https://www.facebook.com/ichoose600/videos/581359952376124/>

**TWEET:** This fruity, banana smoothie #recipe makes a great alternative to ice cream. #iChoose600

<https://www.facebook.com/ichoose600/videos/581359952376124/>