

# Be A School Wellness Champion

## OUTREACH TOOLKIT



### Sample Social Media Posts for Local School Wellness Policies

These social media posts invite parents to participate in the local school wellness policy process with specific calls to action: join our wellness committee, attend a wellness policy meeting, and comment on our wellness policy.

Be sure to tag your school or school district in your tweets and customize to your audience!

#### Twitter

1. Better Health=Better Learners. Check out our #schoolwellness policy [\[insert Web site\]](#)
2. Planning a school or class event? Read our #schoolwellness policy first: [\[insert Web site\]](#)
3. #Parents have power to help make schools healthier. We need you! Join our wellness committee [\[insert Web site\]](#) #schoolwellness
4. Help us create healthy choices at school! Wellness policy meeting tonight: [\[insert Web site\]](#) #schoolwellness
5. Provide comments on our local school wellness policy at: [\[insert Web site\]](#)
6. Planning a band fundraiser? Check out ideas that are effective AND healthy in #schoolwellness policy: [\[Insert Web site\]](#)

#### Facebook

Parents, help create a healthier school environment! Join an upcoming wellness committee meeting [\[insert schedule\]](#) at [\[insert time and location\]](#). If interested, contact: [\[insert wellness leader contact information\]](#). #schoolwellness

# Original Graphics

Download these original graphics at [TeamNutrition.usda.gov](http://TeamNutrition.usda.gov) to help promote your social media messages.

