

Celebration of the Senior Nutrition Program Social Media Toolkit

The Nutrition and Aging Resource Center has created a social media toolkit for local service providers, Area Agencies on Aging, and more. It is adaptable so the verbiage can be used to celebrate the Senior Nutrition Program throughout the entire year.

The Nutrition and Aging Resource Center recommends using your organizations' graphics to add into social media posts.

Post 1:

Get to know more about your community! Tell us what your favorite congregate or home-delivered meal is. Help us serve you better! #SeniorNutritionProgram

Post 2:

Invite a friend day! Invite a friend to join you to celebrate the anniversary of the Senior Nutrition Program this month. Share this post with them! #SeniorNutritionProgram

Post 3:

Help celebrate the #SeniorNutritionProgram with us this month! Tell us in the comments one thing about your health that you want to learn more about this year. Don't want to share online? Look for the suggestion box available at your meal site.

Post 4:

We know YOU bring a lifetime of skills, talents, ideas and connections with you everywhere you go. We want to showcase them at our meal site! Talk to (*Fill in the Blank*) today about your talents and how you can share them at an upcoming event. #SeniorNutritionProgram

Post 5:

Help us brainstorm some holidays to celebrate this year. Add your vote or idea to the bulletin board the next time you visit a meal site for a delicious and nutritious meal!
#SeniorNutritionProgram

Post 6:

What activities do you enjoy? BINGO, line dancing, pickle ball, crossword puzzles, woodworking, cooking demos, etc. Let us know what activity you would like to do at the meal site this year, and we will see if we can make it happen! #SeniorNutritionProgram

Post 7:

Prevent food borne illness. Connect with us to protect yourself and learn more about food safety at: <https://acli.gov/senior-nutrition/consumer-food-safety> #SeniorNutritionProgram

Post 8:

Eating nutritious, satisfying meals doesn't have to be expensive. Connect with us to help you eat healthy on a budget: <https://acli.gov/senior-nutrition/eating-on-a-budget>
#SeniorNutritionProgram

Post 9:

Caregivers play a critical role in supporting the health and well-being of those they care for. This post is for all the caregivers – WE APPRECIATE YOU! Remember to take care of your own health. For information and support go to: <https://acl.gov/senior-nutrition/caregivers> #SeniorNutritionProgram

Post 10:

Older adults are at increased risk for loneliness and social isolation because of factors such as living alone, loss of family or friends, or chronic illness. Learn more about the importance of increased social connection at: <https://acl.gov/senior-nutrition/social-isolation-basics>

Post 11:

Did you know that we can connect you to other services within our community? Services include but are not limited to: *(include possible services)* #SeniorNutritionProgram

Post 12:

Come visit our meal site, and we can connect you to our “falls prevention” class to help increase your strength and mobility. #SeniorNutritionProgram

Post 13:

Have you or a loved one been diagnosed with diabetes? We are here to help with nutrition education and other services that you may find beneficial. Come chat with us today at *(Fill in the blank)*. #SeniorNutritionProgram

Post 14:

Nutrition counseling provides personalized guidance to individuals who are at nutritional risk because of their health or nutritional history, dietary intake, chronic illness, or medication use. Are you interested in learning more? Stop by our meal site and talk with *(fill in the blank)*. #SeniorNutritionProgram

Post 15:

We offer more than just meals. Come in today to learn more about other services that are offered in your community! #SeniorNutritionProgram

Post 16:

What volunteer activities would you like to connect with? #SeniorNutritionProgram

Post 17:

Connecting to physical activity can have great benefits. *(provide parks and recreational information or EBP calendar)* #SeniorNutritionProgram