# **Social Media Post Templates**

# General Posts

**Facebook**

This year our school is participating in #WIHarvestoftheMonth! Each month we will feature a different Wisconsin-grown fruit or vegetable in the school meal program. This month we are enjoying [Wisconsin food]. #NutritiousDeliciousWisconsin

**Instagram**

*\*Post a photo of the featured food, farm, or lunch tray*

[School name] supports Wisconsin farmers! During [month] we are featuring [Wisconsin food] from [farm] in [city]. #NutritiousDeliciousWisconsin

**Twitter**

Happy #WIHarvestoftheMonth! Today we are serving [Wisconsin food/recipe] as [side dish, main entree, etc.] during lunch. #NutritiousDeliciousWisconsin

# Apples

**Facebook**

No time to eat breakfast before you get to school? Tomorrow we will feature the Wisconsin Parfait, a delicious combination of roasted apples, yogurt, granola, and dried cranberries. This brand-new menu item is sure to please your taste buds and provide you with fuel for your day. Join us for breakfast tomorrow! #NutritiousDeliciousWisconsin

**Instagram**

*\*Post a photo of local apple or kids with apples*

Our kids love apples! Today we crunched into [apple variety], which students described as crunchy, juicy, and sweet! #NutritiousDeliciousWisconsin

**Twitter**

Did you know that apples are the most widely planted fruit tree in Wisconsin? Today at lunch, we are enjoying [apple variety] from [city/farm]. #NutritiousDeliciousWisconsin

# Broccoli

**Facebook**

Broccoli is grown throughout Wisconsin and harvested either in summer or fall. Today in the cafeteria students taste-tested broccoli and voted on whether they liked or disliked it. Many students were surprised how much they liked broccoli! #NutritiousDeliciousWisconsin

**Instagram**

*\*Post a photo of broccoli on lunch tray or a student eating broccoli*

Students at [school name] enjoyed local broccoli with today’s school lunch! Broccoli from [farm/city] was [roasted, steamed, or enjoyed fresh] and served alongside [entrée]. It was a hit! #NutritiousDeliciousWisconsin

**Twitter**

Did you know that broccoli is a good source of calcium? It also contains vitamin K, which helps our bodies absorb calcium. Enjoy tasty broccoli and build strong bones! #NutritiousDeliciousWisconsin

# Carrots

**Facebook**

Did you know that the carrots grown hundreds of years ago weren’t orange but actually ranged in color from lavender to black?! The orange carrots that we eat now contain beta carotene, which helps keep our eyes healthy and immune systems strong. #NutritiousDeliciousWisconsin

**Instagram**

*\*Post a photo of carrots on a lunch tray or in the serving line*

Today at lunch we crunched into Wisconsin-grown carrots! Kids loved the bright orange color and sweet flavor. #NutritiousDeliciousWisconsin

**Twitter**

Fresh, locally-grown carrots are included in this week’s salad bar! Students love adding the crunchy orange veggies to their tray. #NutritiousDeliciousWisconsin

# Potatoes

**Facebook**

This month we are enjoying potatoes as our #WIHarvestoftheMonth food. Though their health benefits are often overlooked, potatoes contain many vitamins and minerals, including B vitamins and potassium. Many of these nutrients are found in the skin of the potato, so try to leave the skin on whenever possible! #NutritiousDeliciousWisconsin

**Instagram**

*\*Post a photo of potatoes on a lunch tray or being taken out of the oven*

Students at [school name] enjoyed locally grown potatoes at lunch today! The [potato variety] potatoes were seasoned and roasted, and students loved the [fluffy, nutty, buttery flavor/texture]. Look for [potato variety] the next time you are at the farmer’s market! #NutritiousDeliciousWisconsin

**Twitter**

Today’s lunch menu includes [recipe/meal] with a side of Wisconsin-grown roasted potatoes. They smell delicious! Join us for lunch today! #NutritiousDeliciousWisconsin

# Winter Squash

**Facebook**

Did you know that winter squash, harvested in autumn, can be stored for months in a cool, dry place? Stock up on winter squash the next time you’re at the store or farmers market and enjoy the colorful Wisconsin-grown vegetable all winter long! #NutritiousDeliciousWisconsin

**Instagram**

*\*Post a photo of two squash varieties, taste test ballots, and/or students voting*

Today, students at [school name] tried [squash variety] and [squash variety]! After tasting each type of squash, students voted for the type they preferred. The winner was [squash variety]! #NutritiousDeliciousWisconsin

**Twitter**

Students enjoyed [squash variety] with today’s lunch! The squash was grown locally at [farm name]. Students loved the sweet, earthy flavor. #NutritiousDeliciousWisconsin

# Dairy

**Facebook**

This month, we are featuring Wisconsin dairy on our breakfast and lunch menus. Students will be enjoying locally-produced [dairy product (s)] Thank you, Wisconsin farmers! #NutritiousDeliciousWisconsin

**Instagram**

*\*Post a photo of the farmer, farm, or dairy product*

A big thank you to [farmer/farm name] for producing the delicious [dairy type] we’re enjoying with lunch today! Students are loving it. #NutritiousDeliciousWisconsin

**Twitter**

Today, students enjoyed [meal/recipe] that included locally-produced [dairy product]! #NutritiousDeliciousWisconsin