




School Nutrition Social Media, Newsletter, and Announcements Guide



- This Guide contains social media, newsletter, and announcement content for schools to support the messaging of the [Nutrition Toolkit](#).
- All **images are royalty-free** and may be shared as-is. All images can be downloaded from the [Nutrition Toolkit page](#) or the links below.
- When using these posts on your own social media account, **please tag us using @theWECHU**.

SOCIAL MEDIA OR NEWSLETTER CONTENT		IMAGES (royalty-free)	SCHOOL ANNOUNCEMENTS
<ul style="list-style-type: none"> • Facebook • Instagram 	<ul style="list-style-type: none"> • X (Twitter) 		
<p>DYK? How we talk about food can affect how we feel about ourselves and our bodies.</p> <p>Calling food names like...</p> <p>X junk X garbage X bad</p> <p>→ Makes us feel...</p> <p>😬 guilt 😞 shame</p> <p>→ Which may lead to...</p> <p>😞 disordered eating 😞 low self-esteem 😞 negative body image</p> <p>→ How can you help?</p> <p>Call food... FOOD! 😊</p> <p>🍕🍎🍰🥗🍉🌮🥕</p> <p>Find out how food is about more than nutrition: https://ow.ly/IWJt50QMGX4 @theWECHU</p>	<p>How we talk about food can affect how we feel about ourselves & our bodies. Calling food “junk” or “bad” can make us feel guilt or shame & lead to disordered eating, low self-esteem & poor body image. You can help! Call food... FOOD! Learn more:</p> <p>https://ow.ly/OCnC50QMFWB</p> <p>@theWECHU</p>	<p>Be Food Neutral 1</p> 	<p>It’s time for a Healthy Schools Nutrition Bite!</p> <p>How we talk about food can affect how we feel about ourselves and our bodies. Calling foods things like “junk” or “bad” can make us feel guilty or ashamed and can lead to low self-esteem, poor body image, and eating disorders.</p> <p>You can help by simply calling foods by their name. Call an apple - an apple! And a cookie - a cookie. It’s all... FOOD!</p>

School Nutrition Social Media, Newsletter, and Announcements Guide

<p>Nutrition News Flash: There are no “good” foods and no “bad” foods. Talking about food shouldn’t make us feel bad.</p> <p>Using “food neutral” language can help build positive relationships with food, but it takes practice. Read on to see how to start: https://ow.ly/3qfO50R1wRY</p> <p>@theWECHU</p>	<p>Nutrition News Flash: There are no “good” foods and no “bad” foods. Talking about food shouldn’t make us feel bad.</p> <p>Using “food neutral” language can help build positive relationships with food, but it takes practice. Read on to see how to start: https://ow.ly/3qfO50R1wRY</p> <p>@theWECHU</p>	<p>Be Food Neutral 2</p> 	<p>It’s time for a Healthy Schools Nutrition Bite!</p> <p>While all foods have different nutrients, it is all fuel for our body.</p> <p>There are no “good” foods and no “bad” foods. Talking about food shouldn’t make us feel bad.</p> <p>Practice using food neutral language by just calling food by its name: An apple is an apple and a cookie is a cookie. It’s all... FOOD!</p>
<p>Cooking can be a challenge and sometimes it’s hard to know where to start. Dietitians are here to help!</p> <p>You Can Cook is a series of short and easy-to-follow videos that you can use to set your kitchen up for success! Visit https://ow.ly/tSR050QKLeP</p> <p>#YouCanCook #SupportingBetterHealth @theWECHU</p>	<p>Cooking can be a challenge and sometimes it’s hard to know where to start. Dietitians are here to help!</p> <p>You Can Cook is a series of short and easy-to-follow videos that you can use to set your kitchen up for success! https://ow.ly/eX2I50QKLeQ</p> <p>#YouCanCook @theWECHU</p>	<p>Let’s Make Cooking Simple!</p> 	<p>-No announcement-</p>

School Nutrition Social Media, Newsletter, and Announcements Guide

<p>We all eat different foods for different reasons – all are OK.</p> <ul style="list-style-type: none"> ✓ Taste ✓ Preference ✓ Convenience ✓ Cost ✓ Culture ✓ Tradition ✓ Allergies <p>Learn how food is about more than nutrition: https://ow.ly/V8F150QRcs1</p> <p>@theWECHU</p>	<p>We all eat different foods for different reasons – all are OK.</p> <ul style="list-style-type: none"> ✓ Taste ✓ Preference ✓ Convenience ✓ Cost ✓ Culture ✓ Tradition ✓ Allergies <p>Learn why teaching kids about food is about more than nutrition: https://ow.ly/c4j850QRcs0</p> <p>@theWECHU</p>	<p>Let's talk about food!</p> 	<p>It's time for a Healthy Schools Nutrition Bite!</p> <p>We all eat different foods at different times for different reasons, and ALL are OK!</p> <p>Here are some reasons:</p> <ul style="list-style-type: none"> ✓ Taste or preference ✓ Convenience ✓ Culture or tradition ✓ Dietary needs or allergies <p>It's important to understand why we eat certain foods, and not to judge it.</p>
<p>Food is more than nutrition. How does FOOD add to your life?</p> <ul style="list-style-type: none"> ✓ Brings joy ✓ Fuels and energizes our body ✓ Teaches us skills to grow, prep and cook ✓ Brings people together ✓ Symbols of celebration, culture ✓ Excites senses: taste, smell, sight <p>Learn how food is about more than nutrition: https://ow.ly/QUmm50RcFMg</p> <p>@theWECHU</p>	<p>How does FOOD add to your life?</p> <ul style="list-style-type: none"> ✓ Brings joy ✓ Fuels & energizes our body ✓ Teaches us skills to grow, prep & cook ✓ Brings people together ✓ Symbols of celebration, culture ✓ Excites senses: taste, smell, sight <p>Learn more: https://ow.ly/QUmm50RcFMg</p> <p>@theWECHU</p>	<p>How does food add to your life?</p> 	<p>It's time for a Healthy Schools Nutrition Bite!</p> <p>How does FOOD add to your life?</p> <p>Does it:</p> <ul style="list-style-type: none"> ✓ Bring you joy? ✓ Fuel & energize your body? ✓ Teach you skills? ✓ Bring people together? ✓ Excite your senses? <p>Let's appreciate the food we eat. Think of ways that food adds to YOUR life.</p>

School Nutrition Social Media, Newsletter, and Announcements Guide

How adults talk about FOOD can affect how children and youth feel about themselves and their bodies.

Take shame out of conversations about food and empower children and youth to have a healthy relationship with food.

Find out how
<https://ow.ly/IWJt50QMGX4>

@theWECHU

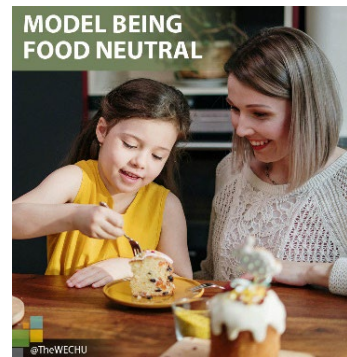
How adults talk about FOOD can affect how children and youth feel about themselves and their bodies.

Take shame out of conversations about food and empower children and youth to have a healthy relationship with food.

Find out how
<https://ow.ly/IWJt50QMGX4>

@theWECHU

[Model being food neutral](#)



- No announcement -