

# National Nutrition Month



“The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.”  
(Academy of Nutrition and Dietetics)

A publication of the Center for Leadership Education in Maternal and Child Public Health

We hope you find this health observance quick-guide helpful! Roll over text to find live links to sites and materials. Most messages, materials, and facts can be adapted to fit other audiences not specifically depicted here.

## Social media



Social media can be a great tool for finding up-to-date resources and facts. Follow leading organizations to find out what they are doing, share their posts, and join in national chats.

One of the easiest ways to find more resources is to search the hashtag for this observance. This can be done on almost all social media sites. Include it in any posts you create.

*Please share these documents and consider tagging the Centers: @UMN\_MCH and @SahrcUMN.*

### Hashtag

- #NNM
- #eatright
- #NutritionMonth
- #NationalNutritionMonth

### MyPlate

#### Twitter

- @eatright
- @MyPlate
- @kidseatright

### Pinterest

Kids Eat Right

### Facebook

Eat Right Nutrition

### Youtube

USDA  
Eat Right

## Print, post, or share

### Eat Right by The Academy of Nutrition and Dietetics

Resources and tips for teens (also by other age groups)

NNM Toolkit: Press materials, event ideas, graphics

Handouts, activity sheets, and tip sheets

Games, quizzes, and videos

Buy NNM merchandise

What is MyPlate?

Media materials

Additional resources

### Choose MyPlate

Resources for kids, parents, students, teachers, and professionals

If available, use logos and other graphics to enhance your posts, emails, or websites. Visuals help catch people's attention and often have higher engagement numbers.

Use available facts from these organizations to create quick and easy posts for social media or a newsletter. Many also provide templates for press releases and other modes of communication.

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