

# Social media ideas for a **Whole Day for Whole Grain**



Inspire all your followers to try more whole grains.  
Use the hashtag **#SampleWholeGrains** and tag us so we can support you!

## Upload a Video

Use [this handout](#) to learn more about our whole grain video challenge.

## Share an Image

Use your own photos of whole grains, or download and share one of our Whole Day for Whole Grain [social media graphics](#).



## Post About Whole Grains

### Before Whole Day for Whole Grain

Come by on March 30 and **#SampleWholeGrains** during a Whole Day for Whole Grain!

A Whole Day for Whole Grain is March 30—how will you celebrate? **#SampleWholeGrains**

Give whole grains a try—**#SampleWholeGrains** on March 30 during a Whole Day for Whole Grain.

We're excited to recognize a Whole Day for Whole Grain with our friends [@OldwaysPT](#)! What's your favorite whole grain? **#SampleWholeGrains**

**#SampleWholeGrains** on March 30! See how much fun we had in years past: <https://bit.ly/2X0tpi6>

Stop by March 30. We are giving away free **#SampleWholeGrains** for [@OldwaysPT](#) Whole Day for Whole Grain!

We're wrapping up **#NationalNutritionMonth** with a special whole grain celebration! Stop by on March 30 to **#Sample-WholeGrains**



# Social media ideas for a Whole Day for Whole Grain



## During Whole Day for Whole Grain

Hearty whole grains are delicious AND healthy. <https://bit.ly/2X0tpi6> #SampleWholeGrains

We're not fooling—we've got the best whole grain wraps you've ever tasted. #SampleWholeGrains

Don't be fooled into missing 17 key nutrients. #SampleWholeGrains today and discover the whole grain goodness.

Today is a Whole Day for Whole Grain! Stop by [your location] to #SampleWholeGrains

Freekeh and Farro and Oats, Oh My! #SampleWholeGrains today! <https://bit.ly/2X0tpi6>

Have you had your whole grains today? <https://bit.ly/2X0tpi6> #SampleWholeGrains

Tweet your favorite whole grain, in honor of #SampleWholeGrains day. <https://bit.ly/2X0tpi6>

We're excited to recognize a Whole Day for Whole Grain with our friends @OldwaysPT! What's your favorite whole grain? #SampleWholeGrains

Did you know that any of our pasta dishes can be ordered on whole grain pasta? #SampleWholeGrains today.

I love the smell of whole grains in the morning. <https://bit.ly/2X0tpi6>

I'll have what she's having! <https://bit.ly/2X0tpi6> #SampleWholeGrains

## Don't Forget to Tag Us!



@OldwaysPT on Facebook



@wholegrains\_council on Instagram



@OldwaysPT on Twitter



@Oldways\_PT on TikTok



# Take inspiration from past social media ideas!

**CPK** @calpizzakitchen

Heart healthy --and happy! 🍷 Celebrate #SampleWholeGrains Day with your fave whole grain & @oldwayspt 🍷

RETWEETS 5 LIKES 9

2:03 PM - 30 Mar 2016

**eatright** @eatright

Why choose whole grains? They deliver key vitamins, nutrients, minerals and fiber!  
[sm.eatright.org/wholegrains](http://sm.eatright.org/wholegrains) #eatright #SampleWholeGrains

RETWEETS 17 LIKES 11

4:15 PM - 30 Mar 2016

**Bob's Red Mill** @BobsRedMill

It's #SampleWholeGrains day! Enter to win our #glutenfree oatmeal cups- every hour 9-4 PT. RT to enter. US/Can only.

RETWEETS 154 LIKES 68

**Mei Mei by Design** @maimelbydesign

We ❤️ @FourStarFarms triticale in our bowls! Thx @OldwaysPT for promoting heritage foods. #SampleWholeGrains

RETWEET 1 LIKE 1

11:48 AM - 30 Mar 2016

**Cuisinicity** @cathkatz

#SampleWholeGrains today...and keep it whole! @oldways @DrDavidKatz @joybauer cuisinicity.com/wholesomeness-...

5:49 AM - 30 Mar 2016

**bonneCHS** @bonneChs

#SampleWholeGrains today at CHS! #BrownRice and #SobaNoodles are here for you to taste

RETWEET 1 LIKE 1

**Parents Magazine** @parentsmagazine

We're currently loving these whole grain pizza recipes! 🍷 @oldways #SampleWholeGrains [goo.gl/pBSxOs](http://goo.gl/pBSxOs)

RETWEETS 11 LIKES 27

2:21 PM - 30 Mar 2016

**Maggiano's** @Maggianos

Did you know that most of our pasta dishes can be ordered on whole grain pasta? Go with the grain and #SampleWholeGrains today!

RETWEETS 6 LIKES 10

11:00 AM - 30 Mar 2016

**McDonald's** @McDonalds

Get an oat-load of whole grains today. #SampleWholeGrains

8:34 AM - 29 Mar 2016

30 LIKES 65

**Harvard Univ Dining** @HUDSinfo

Tomorrow is #SampleWholeGrains Day - check out great grains @HarvardChanSPH at lunch & undergrad d-halls at dinner. [ow.ly/i/hZkq8](http://ow.ly/i/hZkq8)

8:34 AM - 29 Mar 2016