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!

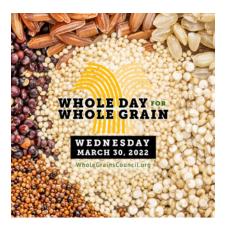
Upload a Video

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











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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!















