

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 29 and **#SampleWholeGrains** during a Whole Day for Whole Grain!

A Whole Day for Whole Grain is March 29—how will you celebrate? **#SampleWholeGrains**

Give whole grains a try—**#SampleWholeGrains** on March 29 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 29! See how much fun we had in years past: <https://bit.ly/2X0tpi6>

Stop by March 29. 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 29 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



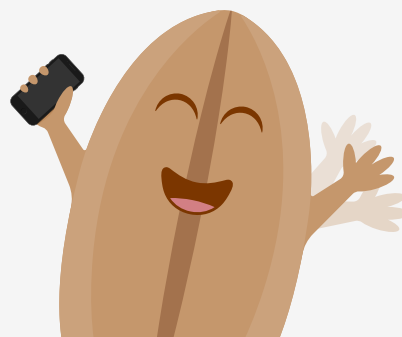
@wholegrains_council on Instagram



@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 #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

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

8:34 AM - 29 Mar 2016