

# TWEETS & SOCIAL MEDIA IDEAS

## WHOLE GRAIN SAMPLING DAY 2021



Inspire all your followers to try more whole grains using the hashtag **#SampleWholeGrains**. Tag us at **@OldwaysPT** so we can retweet you!

### Tweets for March 31

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 Whole Grain Sampling Day!  
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

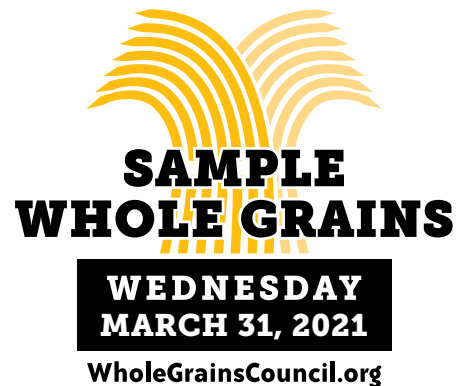
Tweet your favorite whole grain, in honor of #SampleWholeGrains day. <https://bit.ly/2X0tpi6>

We're excited to recognize National Whole Grain Sampling Day 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



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## WHOLE GRAIN SAMPLING DAY 2021



**Make social media a big part of your Whole Grain Sampling day efforts to inspire all your followers to try more whole grains!**

### Tweets for Before to Build Interest

Come by on March 31 and [#SampleWholeGrains](#) for Whole Grain Sampling Day!

Whole Grain Sampling Day is March 28—how will you celebrate? [#SampleWholeGrains](#)

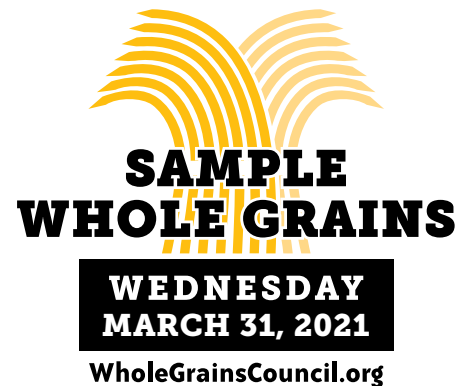
Give whole grains a try—[#SampleWholeGrains](#) on March 31 for Whole Grain Sampling Day.

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

[#SampleWholeGrains](#) on Mar 31! See how much fun we had in years past: <https://bit.ly/2X0tpi6>

Stop by March 31. We are giving away free [#SampleWholeGrains](#) for [@OldwaysPT](#) Whole Grain Sampling Day!

We're wrapping up [#NationalNutritionMonth](#) with a special whole grain celebration! Stop by on March 31 to [#SampleWholeGrains](#)



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### Samples of actual tweets from Whole Grain Sampling Day in previous years.

