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
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 31—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 March 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

@OldwaysPT  OldwaysPT  @WholeGrains_Council  Oldways
Samples of actual tweets from Whole Grain Sampling Day in previous years.