**WHOLE GRAINS MONTH 2018:**

**DEAL OF THE DAY**

**Thanks for helping spread the word about Whole Grains Month.**

**SAMPLE TWEETS**

Celebrate #WholeGrainsMonth. Visit [wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-september](https://wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-september) for details on today’s whole grain Deal of the Day!

Try something new! Our friends @oldwayspt are celebrating #WholeGrainsMonth by revealing a new coupons, giveaway, or social media contest every day. [wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-september](https://wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-september)

Have you had your whole grains today? September is #WholeGrainsMonth! [wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-september](https://wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-september)

84% of consumers know recognize that whole grains are healthy. Have you had your whole grains today? #WholeGrainsMonth #ShareWholeGrains

2/3 Americans are making at least half their grains whole. Have you had your whole grains today? #WholeGrainsMonth #ShareWholeGrains

I’ll have what she’s having! #WholeGrainsMonth #ShareWholeGrains [wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-september](https://wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-september)

We know what’s for dinner. Celebrate #WholeGrainsMonth this September by trying a new whole grain food or recipe!

Next time you eat out, be sure to #JustAskforWholeGrains! #WholeGrainsMonth [wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-september](https://wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-september)

Without the bran & germ, 25% of the grain’s protein is lost, and 17+ nutrients are greatly reduced. Don’t get duped. #JustAskforWholeGrains!

You’ve had oatmeal and whole wheat bread. Maybe even quinoa. But have you had teff, millet, or freekeh? Branch out this #WholeGrainsMonth

**Our Social Media Links:**

Instagram: <https://www.instagram.com/oldways_pt/>

Twitter: <https://twitter.com/OldwaysPT>

Facebook: <https://www.facebook.com/OldwaysPT>

Pinterest: <https://www.pinterest.com/oldways/>

Questions? Contact Caroline Sluyter (Caroline@oldwayspt.org or 617-896-4832)