Fruits and Veggies—More Matters Month 
QUICK-GUIDE

This is one of twenty-six “Quick-Guides” created to help you take advantage of national health observances to promote and guide adolescent health promotion efforts, especially when using social media. Most messages, materials, and facts can be adapted to fit other audiences not specifically depicted here.

Social media can be a great tool for finding up-to-date resources and facts. Follow leading organizations to see what they are doing, share their posts, and join in national chats.

One of the easiest ways to find more resources is to search the hashtag for this observance. This can be done on almost all social media networks. Include it in any posts you create.

Please share these documents and consider tagging @UMN_MCH and @SahrcUMN!

If available, use logos or other graphics to enhance your posts, emails, or websites. Visuals help catch people’s attention and often have higher engagement numbers.

Use available facts from these organizations to create quick and easy posts for social media or a newsletter. Many also provide templates for press releases and other modes of communication.

Print, Post, or Share

Hashtag
#FVMMMonth

Facebook
Fruits and Veggies—More Matters

Instagram
@fruitsandveggies—more matters

Twitter
@fruits_veggies

Hashtag

Social Media

HealthierUS School Challenge: Smarter Lunchrooms Resources
Professional Standards for School Nutrition Professionals
United States Department of Agriculture
Materials and Resources

Produce for Better Health Foundation
Marketing Toolkit

Top 10 Reasons to Eat More Fruits and Vegetables

Guide to Getting More Fruits and Vegetables

Pledge to Fight Obesity

What’s in Season?

For other Quick-Guides, visit: https://z.umn.edu/qguides

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