Eat to Win Social Media Posts

Use one of these posts with every Eat to Win image.

Eat to Win images can be found [here](http://www.wellaheadla.com/Programs/School-Health/Eat-to-Win).

Elementary Schools:

* Parents, did you know healthy eating has been linked to better academic performance in kids? Encourage your child to #EatToWin today by choosing healthy fruits and veggies as part of their school lunch.
* At [school name], we offer healthy fruits and veggies as part of our school breakfasts and lunches. Ask your children what healthy choices they made at lunch today! #EatToWin
* Whether you’re coaching kids to score the next basket, ace the next test or hit the winning musical note, modeling healthy behavior by choosing fruits and veggies inspires them to #EatToWin!
* When kids eat at least one fruit and veggie with their school lunch, they fuel themselves with nutrition as powerful as they are! Encourage your child to #EatToWin at school today!

High Schools:

* Parents, did you know healthy eating has been linked to better academic performance? Let your teen know choosing healthy fruits and veggies as part of their school lunch makes them winners! #EatToWin
* At [school name], we offer healthy fruits and veggies as part of our school breakfasts and lunches. Ask your children what healthy choices they made today! #EatToWin
* Teens may not seem like they’re paying attention, but they are. Choosing healthy fruits and veggies yourself can inspire them to #EatToWin!
* It’s game time Louisiana! Take a time out, and encourage your teens to eat fruit and veggies as part of their school lunch. #EatToWin

Find and tag Well-Ahead Louisiana on social media:

* Facebook: <https://www.facebook.com/WellAheadLA>
* Instagram: <https://instagram.com/wellaheadlouisiana/>
* Twitter: <https://twitter.com/WellAheadLA>

We love hearing about how your school is supporting healthy behaviors!