

# SOCIAL MEDIA POSTS



Multi-channel engagement is essential to reach today's busy and easily distracted shoppers. Use the social media posts provided here to drive traffic to your stores, while promoting the American Heart Association's Heart-Check certified foods and recipes.

Just in time for summer, here are a few simple #EatSmart-inspired changes that can positively influence your whole body, including your waistline, cholesterol, blood pressure and more! Get more tips on being #HealthyForGood with Life's Simple 7 at [bit.ly/2Bf0hZh](https://bit.ly/2Bf0hZh) #HeartCheckMark.

Ready to heat up the grill to kick off the summer? These American Heart Association Heart-Check certified recipes are jam-packed with whole grains, protein, veggies and flavor. #HealthyForGood #HeartCheckMark [www.heart.org/heartcheckrecipes](https://www.heart.org/heartcheckrecipes)

Add more fruits and veggies to your dinners this summer by throwing some of your seasonal favorites on the barbecue. Grilling will bring out their natural sweet flavors. Many delicious choices are #Heart-Check certified, too.

Enjoy these easy and yummy on-the-go fruit and veggie snack ideas during your summer travels. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/healthy-snacks-for-summer-vacation-by-devin-alexander> #HeartCheckMark

*Let us know how you are incorporating #Heart-Check certified foods and recipes into your diet this summer. We are all in this together!*