**Blog and Social Media Blurbs**

Week of:

Theme:

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| MONDAY: TIPS & TRICKS/HOW-TO |
| PLATFORM | TOPIC/TITLE | MESSAGE |
| **Blog Post**(150-300 words) |  |  |
| YouTube(20-150 words) |  |  |
| Facebook(50-100 words) |  |  |
| Instagram(20-100 words) |  |  |
| Twitter(10-20 words) |  |  |

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| TUESDAY: FOOD SAFETY |
| PLATFORM | TOPIC/TITLE | MESSAGE |
| **Blog Post**(150-300 words) |  |  |
| YouTube(20-150 words) |  |  |
| Facebook(50-100 words) |  |  |
| Instagram(20-100 words) |  |  |
| Twitter(10-20 words) |  |  |

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| WEDNESDAY: INGREDIENT OF THE WEEK |
| PLATFORM | TOPIC/TITLE | MESSAGE |
| **Blog Post**(150-300 words) |  | N/A |
| YouTube(20-150 words) |  | N/A |
| Facebook(50-100 words) |  |  |
| Instagram(20-100 words) |  |  |
| Twitter(10-20 words) |  |  |

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| THURSDAY: PARTNER/MEET THE FARMER/FAMILY MEAL TIME**/CONVERSATIONS**/FAMILY & FRIENDS |
| PLATFORM | TOPIC/TITLE | MESSAGE |
| **Blog Post**(150-300 words) |  |  |
| YouTube(20-150 words) |  |  |
| Facebook(50-100 words) |  |  |
| Instagram(20-100 words) |  |  |
| Twitter(10-20 words) |  |  |

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| FRIDAY: RECIPE |
| PLATFORM | TOPIC/TITLE | MESSAGE |
| **Blog Post**(150-300 words) |  |  |
| YouTube(20-150 words) |  |  |
| Facebook(50-100 words) |  |  |
| Instagram(20-100 words) |  |  |
| Twitter(10-20 words) |  |  |

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| SATURDAY: HEALTHY LIVING/LIFESTYLE FACTS/HIGHLIGHT THE PAST WEEK |
| PLATFORM | TOPIC/TITLE | MESSAGE |
| **Blog Post**(150-300 words) |  |  |
| YouTube(20-150 words) |  |  |
| Facebook(50-100 words) |  |  |
| Instagram(20-100 words) |  |  |
| Twitter(10-20 words) |  |  |