**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) |  |  |