

## **Healthy Habits for All Social Guide**

All children and families deserve healthy, nutritious food—and all families can be empowered to make healthy choices together! **Sesame Workshop** and the **Walmart Foundation** have partnered to create a new suite of resources to support kids and families in developing healthy relationships with food, plus strategies for planning and making easy, budget-friendly meals and snacks. The newly updated “Eating Well” topic page includes multimedia resources in English and Spanish.

Below you’ll find sample social media posts to share these resources with your community.

We thank you for your commitment and support as we continue to make the world a smarter, stronger, and kinder place.

### **Social Media Handles:**

@SesameStreetinCommunities (Facebook, Instagram)

@SesameCommunity (Twitter)

@WalmartOrg (Twitter)

**Website:** <https://sesamestreetincommunities.org/topics/eating/>

**Press Release:** <https://sesameworkshop.org/press-room/press-releases/sesame-workshop-introduces-new-resources-help-families-build-healthy>

**Photo assets can be found [here](#).**

## **Suggested Posts**

### **Announcement**

Every child deserves healthy, nutritious food to help them grow big and strong.

@SesameStreetinCommunities continues to support families’ healthy habits with new resources around eating well on a budget, including videos, articles, and printables. Explore the topic page now: <https://bit.ly/3s92pMS>

With support from the Walmart Foundation, @SesameStreetinCommunities launched new resources to help children and families develop healthy habits for life. The new resources include strategies for planning and making easy, healthy, budget-friendly meals. Check out the resources here: <https://bit.ly/3s92pMS>

## **Videos**

### **Making Leftovers Last: The Alicea-Eiras Family**

A little planning goes a long way in building healthy habits! The Alicea-Eiras family and @SesameStreetinCommunities model ways to prep meals, include children in the process, and stretch ingredients to make delicious food for the whole family. Watch to learn more!

<https://bit.ly/3s7dG02>

### **Healthy Food Can Be Fun: The Tran Family**

By including children in the kitchen, you're helping build lifelong healthy habits! Watch the Tran family work together to make food fun and plan meals ahead. For more ideas on creative ways to include kids in food preparation, visit: <https://bit.ly/3LFlua>

### **Chef Lily's Tip: Cheers to Fruit & Veggies!**

Our friend Lily from @SesameStreet is here with a tip for eating more fruits and veggies! Here's a hint: you don't have to actually eat them...you can drink them! Watch this video, then try this smoothie recipe or make up your own. <https://bit.ly/3Fnqsgx>

## **Storybook**

### **Summer Sips**

Drinking water keeps us healthy, hydrated, and ready to play! This @SesameStreetinCommunities storybook encourages kids and families to drink more water in fun, creative ways—like making “fruity water”! Read along and try making up your own recipe at home: <https://bit.ly/3kzoGiE>

## **Printables**

### **You're Not Alone**

In tough times, reaching out for help to get the nutrition your family needs is an act of strength and resilience. @SesameStreetinCommunities is here to support families with a list of resources to help you adjust to, and cope with, food insecurity. Read more here: <https://bit.ly/3y9bCZh>

### **Freezing Is Cool**

Freezing food is one way to stretch your groceries a little longer! This @SesameStreetinCommunities page includes tips and tricks for making the most of your meals. Print this page and post it on your refrigerator! <https://bit.ly/380eDjV>

## **Focusing on Food**

Practicing gratitude for healthy, nutritious food is one way to help children develop a healthy relationship with food... one that can last a lifetime. This @SesameStreetinCommunities activity offers ways families can practice mindfulness at mealtime. Learn more here: <https://bit.ly/39yTQo3>

## **Countdown to a Healthy Day**

Let's count down to a healthy day! Building these tips into your child's everyday routines can help them build important habits. Join the Count from @SesameStreet in counting the different ways we grow healthy and strong! <https://bit.ly/3s7H9He>

## **Articles**

### **Nutritional Milestones by Age**

Healthy habits can start from day one! This @SesameStreetinCommunities article shares age-by-age milestones and tips related to nutrition. Read along to see how you can help build a strong foundation for healthy eating...age by age. <https://bit.ly/3w0fc57>

### **“Choosy” Eaters**

Do you have “choosy” eaters in your classroom or at home? Young children can be hard to please at mealtime, but @SesameStreetinCommunities is here to help with tips and tricks to help even the pickiest eaters get the nourishment they need to grow and thrive. Read more here: <https://bit.ly/3MOlvPZ>

### **Healthy Choices in Fast Food Restaurants**

Eating healthy on the go can be tricky, but there are ways to help your child get the nutrition they need—even where you least expect it! This @SesameStreetinCommunities article explores ways to eat well on a budget. Read more here: <https://bit.ly/3vXdmC8>

## **Poster for Providers**

### **Every Child and Family Deserves Healthy Food**

Every child and family deserves nutritious, delicious food! Share this @SesameStreetinCommunities poster with families by displaying it at your site or leaving a stack of copies for easy access to our resources. <https://bit.ly/3vCDrrp>