



EVERY MEAL
FIGHTING CHILD HUNGER

Every Meal Social Media Templates

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ENGLISH

Every Meal Social Media Templates

Every Meal invites YOU to share these resources with your students and families using social media! Please feel free to copy & paste the examples below into your own accounts, or to use these as inspiration to write your own. Be sure to use the suggested hashtags to connect with others talking about the same topics.

Note: Please make sure to follow us - **@EveryMealOrg** - to be able to tag us in posts.

Facebook / Instagram



1. Over 300,000 children in Minnesota don't always have access to the nutrition they need to learn and grow. Students in our **(insert one: school or district)** have the opportunity to select one of five meal bag options from **@EveryMealOrg** to have for the weekends. Learn more here: **(insert link to school website)**
#EveryMeal #WeekendMealBags #EveryChildEveryMeal
2. Parents, interested to find out what food resources we have to offer? **(Insert school name)** offers FREE **@EveryMealOrg** bags to students and families for the weekend. Families can sign up to receive a free bag of food every week – no questions asked, no requirements. **(insert link to online enrollment form)**
#EveryMeal #WeekendMealBags #LetsKickHunger
3. Did you know you can enroll to receive weekly **@EveryMealOrg** bags for the weekend? Families may choose from five options structured around the USDA MyPlate standards. All bag types contain 4-5 pounds of nutritious, non-perishable food, including a variety of fruits, vegetables, proteins, grains, and soups/entrees. Click here **(insert link to online enrollment form)** for more information on how to enroll!
#EveryMeal #WeekendMealBags #Food #Access
4. Did you know children facing hunger tend to perform more poorly in school and have lower academic achievement? Find out more information about our food resource partnership with **@EveryMealOrg** at **(insert link to school website)**.
#EveryMeal #WeekendMealBags #NoKidHungry
5. We are offering **@Every MealOrg** bags of food for students. If you're interested in having your child bring home a FREE bag of non-perishable food every Friday, please let your child's teacher know or email our school **(insert title or role [ie. social worker/counselor] and first & last Name)** at **(insert school contact email)**.

#EveryMeal #WeekendMealBags #AllKidsOurKids

6. Did you know over 95% of participating families have found meal bags from **@EveryMealOrg** to be a helpful resource? Don't forget, **(insert school name)** provides these weekly meal bags for students to take home for the weekend. Register online through our online enrollment forms at **(insert link to online enrollment form)** or click here **(insert link to school resource page)** to learn more!
#EveryMeal #WeekendMealBags #NoKidHungry

Twitter 

1. 300,000+ children in MN live with food insecurity. At **(insert school name)**, students can receive weekly meal bags for the weekend from **@EveryMealOrg**! Visit our school website for more info: **(insert link to school website)** **#EveryMeal #WeekendMealBags #EveryChildEveryMeal**
2. Parents, interested in additional food resources we offer? We have FREE **@EveryMealOrg** bags for students to receive weekly. Sign up no questions asked, no requirements: **(insert link to online enrollment form)** **#EveryMeal #WeekendMealBags #LetsKickHunger**
3. You can enroll to receive weekly **@EveryMealOrg** bags. Choose from 5 meal bag options containing a variety of fruits, veggies, proteins, grains & soups/entrees: **(insert link to online enrollment form)** **#EveryMeal #WeekendMealBags #Food #Access**
4. Did you know children facing hunger perform poorly in school and have lower academic achievement? Let's change that. Learn more about our food resource partnership with **@EveryMealOrg** at **(insert link to school website)**. **#EveryMeal #WeekendMealBags #NoKidHungry**
5. Interested in having your child bring home a FREE bag of non-perishable food every Friday? We're offering **@EveryMealOrg** bags of food for students. Let your child's teacher know or email us at **(insert school contact email)**. **#EveryMeal #WeekendMealBags #AllKidsOurKids**
6. Did you know over 95% of participating families have found meal bags from **@EveryMealOrg** to be a helpful resource for the weekend? Register online at **(link to online enrollment form)** or click here **(insert school resource page)** to learn more! **#EveryMeal #WeekendMealBags #NoKidHungry**

SPANISH/ESPAÑOL

Plantillas de Every Meal para Use en Redes Sociales

¡Every Meal le invita a USTED a compartir estos recursos con sus estudiantes y familias a través de las redes sociales! Por favor, no dude en copiar y pegar los ejemplos a continuación en su propia cuenta, o utilizarlos como inspiración para escribir sus propias publicaciones. Asegúrese de usar los hashtags sugeridos para conectarse con otras personas que hablan sobre los mismos temas.

Nota: Por favor, siguenos en **@EveryMealOrg** para poder etiquetarnos en las publicaciones.

Facebook / Instagram  

1. Más de 300,000 niños en Minnesota no siempre tienen acceso a la nutrición que necesitan para aprender y crecer. Los estudiantes tienen la oportunidad de seleccionar una de las cinco opciones de bolsas de comida de **@EveryMealOrg** para los fines de semana. Obtenga más información aquí: **(insert link to school website)**
#EveryMeal #WeekendMealBags #EveryChildEveryMeal
2. Padres y Madres ¿les interesa saber qué recursos alimentarios ofrecemos? **(insert school name)** ofrece bolsas de **@EveryMealOrg** GRATIS a estudiantes y familias durante el fin de semana. Las familias pueden inscribirse para recibir una bolsa de comida gratis cada semana, sin ningún tipo de preguntas y sin requisitos. **(insert link to online enrollment form)**
#EveryMeal #WeekendMealBags #LetsKickHunger
3. ¿Sabía que puede inscribirse para recibir bolsas semanales de **@EveryMealOrg** para el fin de semana? Las familias pueden elegir entre cinco opciones estructuradas en torno a los estándares de USDA MyPlate. Todos los tipos de bolsas contienen 4-5 libras de alimentos nutritivos no perecederos, incluyendo una variedad de frutas, verduras, proteínas, granos y sopas/entradas. Haga clic aquí **(insert link to online enrollment form)** para obtener más información sobre cómo inscribirse.
#EveryMeal #WeekendMealBags #Food #Access
4. ¿Sabía que los niños que padecen hambre tienden a tener un rendimiento académico más bajo? Obtenga más información sobre nuestra asociación de recursos alimenticios con **@EveryMealOrg** en **(insert link to school website)**.
#EveryMeal #WeekendMealBags #NoKidHungry

5. Estamos ofreciendo bolsas de comida de **@EveryMealOrg** para los estudiantes. Si está interesado en que su hijo/a traiga a casa una bolsa GRATIS de alimentos no perecederos todos los viernes, por favor informe al maestro/a de su hijo/a o envíe un correo electrónico al **(insert title or role [ie. social worker/counselor] and first & last name)** de nuestra escuela a **(insert school contact email)**.
#EveryMeal #WeekendMealBags #AllKidsOurKids
6. ¿Sabía que más del 95% de las familias participantes consideran que las bolsas de comida de **@EveryMealOrg** son un recurso útil? No olvide que **(insert school name)** proporciona estas bolsas de comida semanalmente para que los estudiantes las lleven a casa los fines de semana. Regístrese en línea a través de nuestros formularios de inscripción en **(insert link to online enrollment form)** o haga clic aquí **(insert link to school resource page)** para obtener más información.
#EveryMeal #WeekendMealBags #NoKidHungry

Twitter

1. Más de 300.000 niños en MN viven con inseguridad alimentaria. ¡En **(insert school name)**, los estudiantes pueden recibir bolsas de comida semanales de **@EveryMealOrg** para el fin de semana! Visite el sitio web de nuestra escuela para obtener más información: **(insert link to school website)** **#EveryMeal #WeekendMealBags #EveryChildEveryMeal**
2. Padres y Madres, ¿están interesados en los recursos alimenticios adicionales que ofrecemos? Tenemos bolsas de **@EveryMealOrg** para que los estudiantes reciban semanalmente de forma GRATUITA. Regístrese sin ningún tipo de preguntas y sin requisitos: **(insert link to online enrollment form)** **#EveryMeal #WeekendMealBags #LetsKickHunger**
3. Puede inscribirse para recibir bolsas de **@EveryMealOrg** semanales. Elija entre 5 opciones de bolsas de comida que contienen una variedad de frutas, verduras, proteínas, granos y sopas/platos principales: **(insert link to online enrollment form)** **#EveryMeal #WeekendMealBags #Food #Access**
4. ¿Sabía que los niños que padecen hambre tienden a tener un rendimiento académico más bajo? Cambiemos eso. Obtenga más información sobre nuestra asociación de recursos alimentarios con **@EveryMealOrg** en **(insert link to school website)** **#EveryMeal #WeekendMealBags #NoKidHungry**
5. ¿Le interesa que su hijo/a traiga a casa una bolsa GRATUITA de alimentos no perecederos todos los viernes? Estamos ofreciendo bolsas de comida de **@EveryMealOrg** para los estudiantes. Comuníquese al maestro/a de su hijo/a o envíenos un correo electrónico a **(insert school contact email)**. **#EveryMeal #WeekendMealBags #AllKidsOurKids**

6. ¿Sabía que más del 95% de las familias participantes considera que las bolsas de comida de **@EveryMealOrg** son un recurso útil para el fin de semana? ¡Regístrese en línea en **(link to online enrollment form)** o haga clic aquí **(insert school resource page)** para obtener más información! **#EveryMeal #WeekendMealBags #NoKidHungry**

HMONG/HMOOB

Every Meal thov caw kom KOJ faib qhia cov peev txheej no mus rau koj cov tub ntxhais kawm thiab cov tsev neeg uas yog siv social media! Thov caw cia li theej (copy) cov piv txwv hauv qab no thiab muab koj mus tso rau hauv koj tus avkhauj, los sis siv cov piv txwv no los ua kev txhawb siab rau kev sau koj tus kheej cov lus. Nco ntsoov siv cov hashtags uas peb tau qhia los txuas nrog lwm tus uas sib tham txog tib co ncauj lus.

Nco Tseg: Thov nco ntsoov los mus raws peb qab ntawm - **@EveryMealOrg** - txhawm rau kom tuaj yeem muab peb rub los (tag) rau ntawm koj qhov ntawv.

Facebook / Instagram  

1. Muaj tshaj li 300,000 tus me nyuam yaus hauv Lav Minnesota tsis tuaj yeem tau noj zaub mov zoo uas lawv xav tau txhawm rau kev kawm thiab kev loj hlob kom xwm yeem. Cov tub ntxhais kawm hauv peb tsev kawm ntawv, uaj lub hwv tsam los mus xaiv ib ntawm tsib hom hnab ntim zaub mov noj los ntawm **@EveryMealOrg** koj los mus noj rau hnub weekend. Kawm paub ntau ntawm no: **(insert link to school website)**
#EveryMeal #WeekendMealBags #EveryChildEveryMeal
2. Cov niam/txiv, puas xav los mus nrhiav kom paub seb peb yuav muab cov khoom noj khoom haus twg? **(Insert school name)** muab PUB DAWB **@EveryMealOrg** cov hnab khoom noj rau cov tub ntxhais kawm thiab cov tsev neeg thaum hnub weekend. Cov tsev neeg tuaj yeem teev npe los mus txais ib lub hnab ntim khoom noj pub dawb txhua lub lim tiam - tsis muaj lus nug, tsis muaj kev xav tau dab tsi li. **(insert link to online enrollment form)**
#EveryMeal #WeekendMealBags #LetsKickHunger
3. Koj puas tau paub tias koj tuaj yeem teev npe los mus txais **@EveryMealOrg** cov hnab ntim khoom noj rau txhua lub lim tiam? Cov tsev neeg tuaj yeem xaiv tau los ntawm tsib yam khoo noj uas nyob rau hauv USDA MyPlate cov qauv. Txhua lub hnab ntim khoom yuav muaj cov khoom noj muaj txiaj ntsig zoo, cov zaub mov noj uas tsis lwj hnyav li 4-5 pound, uas yog muaj ntau yam txiv hmab txiv ntoo, zaub, protein, hmoov grain, thiab kua zaub/zaub mov noj. Nias rau ntawm no **(insert link to online enrollment form)** hais txog rau cov ntaub ntawv qhia paub ntau ntawm txog tias yuav teev npe li cas!
#EveryMeal #WeekendMealBags #Food #Access
4. Koj puas tau paub tias cov me nyuam yaus uas ntsib kev tshaib nqhis feem ntau yuav kawm ntawv tsis tau zoo thiab muaj kev kawm tau qis dua? Tshawb nrhiav cov ntaub ntawv qhia paub ntau ntawm txog peb cov kev koom tes nrog cov peev txheej khoom noj khoom haus nrog **@EveryMealOrg** ntawm **(insert link to school website)**.
#EveryMeal #WeekendMealBags #NoKidHungry

5. Peb tab tom muab **@Every MealOrg** cov hnab ntim zaub mov noj rau cov tub ntxhais kawm. Yog tias koj xav kom koj tus me nyuam nqa lub hnab ntim khoom noj PUB DAWB uas muaj cov zaub mov tsis txhob lwj rov qab los mus tsev nyob rau txhua hnub Friday, ces thov qhia rau koj tus me nyuam tus kws qhia ntawv paub los sis sau email rau peb lub tsev kawm ntawv **(insert title or role [ie. social worker/counselor] and first & last Name)** ntawm **(insert school contact email)**.
#EveryMeal #WeekendMealBags #AllKidsOurKids

6. Koj puas tau paub tias ntau dua 95% ntawm cov tsev neeg uas koom nrog puav leej pom tau tias lub hnab ntim khoom noj los ntawm **@EveryMealOrg** yog ib yam peev txheej uas muaj txiaj ntsig heev? Thov nco ntsoov, **(insert school name)** muab cov hnab ntim khoom noj no rau cov tub ntxhais kawm nqa mus noj tsev rau hnub weekend txhua lub lim tiam. Teev npe hauv online los ntawm peb daim foos teev npe hauv online ntawm **(insert link to online enrollment form)** los sis nias rau ntawm no **(insert link to school resource page)** txhawm rau los mus kawm paub ntau ntxiv!
#EveryMeal #WeekendMealBags #NoKidHungry

Twitter

1. Muaj 300,000+ tus me nyuam yaus hauv Lav MN tau nyob nrog kev tsis muaj zaub mov noj kom txaus. Nyob rau ntawm **(insert school name)**, cov tub ntxhais kawm tuaj yeem tau txais cov hnab ntim khoom noj txhua lub lim tiam rau hnub weekend los ntawm **@EveryMealOrg!** Mus saib peb lub tsev kawm ntawv tus vev xaib hais txog rau cov ntaub ntawv qhia paub ntau ntxiv: **(insert link to school website) #EveryMeal #WeekendMealBags #EveryChildEveryMeal**

2. Cov niam/txiv puas xav paub txog cov peev txheej zaub mov noj ntau ntxiv uas peb yuav muab? Peb muaj **@EveryMealOrg** cov hnab ntim khoom noj PUB DAWB rau cov me nyuam nqa mus noj rau txhua lub lim tiam. Tsis muaj lus nug, tsis muaj kev xav tau dab tsi rau kev teev npe: **(insert link to online enrollment form) #EveryMeal #WeekendMealBags #LetsKickHunger**

3. Koj tuaj yeem teev npe los mus txais **@EveryMealOrg** cov hnab ntim khoom noj tau. Xaiv los ntawm 5 hom hnab ntim khoom noj uas ntim ntau yam txiv hmab txiv ntoo, zaub, cov khoom noj muaj protein, txhuv nplej thiab kua zaub/cov zaub mov noj tseem ceeb: **(insert link to online enrollment form) #EveryMeal #WeekendMealBags #Food #Access**

4. Koj puas tau paub tias cov me nyuam yaus uas ntsib kev tshaib nqhis yuav ua tau hauj lwm tsis tau zoo hauv tsev kawm thiab muaj kev kawm tau qis dua? Kav tsij los mus hloov qhov ntawd kiag. Kawm paub ntau ntxiv txog peb cov kev koom tes nrog **@EveryMealOrg** ntawm **(insert link to school website) #EveryMeal #WeekendMealBags #NoKidHungry**

5. Puas xav kom koj tus me nyuam nga lub hnab ntim khoom noj PUB DAWB uas muaj cov zaub mov tsis txhob lwj rov qab los mus tsev nyob rau txhua hnub Friday? Peb tab tom muab **@EveryMealOrg** cov hnab ntim zaub mov noj rau cov tub ntxhais kawm. Qhia rau koj tus me nyuam tus kws qhia ntawv paub los sis sau email rau peb ntawm **(insert school contact email) #EveryMeal #WeekendMealBags #AllKidsOurKids**

6. Koj puas tau paub tias ntau dua 95% ntawm cov tsev neeg uas koom nrog puav leej pom tau tias lub hnab ntim khoom noj los ntawm **@EveryMealOrg** yog ib yam peev txheej uas muaj txiaj ntsig heev rau hnub weekend? Teev npe hauv online ntawm **(link to online enrollment form)** los sis nias rau ntawm no **(insert school resource page)** txhaw rau los mus kawm paub ntau ntxiv! **#EveryMeal #WeekendMealBags #NoKidHungry**

SOMALI/SOOMAALI

Every Meal waxay kugu martiqaadaysaa inaad la wadaagto hantidan ardaydiina iyo qoysaskiina idinkoo isticmaalaya baraha bulshadda. Fadlan xor baad u tahay inaad qaado oo aad dhexdhigto akoonkaaga tusaalayaasha hoose, ama inaad u isticmaasho kuwan dheerigelin ahaan si aad wax aad leedahay u qorto. Iska hubi inaad isticmaasho hashtags-ka lasoo si aad ugu xidhnaato dadka kale ee ka hadlaaya wax ku saabsan mawduucyadda la mid ah.

Ogow: Fadlan hubi inaad nagala socoto **@EveryMealOrg** si aad u wado inaad nagusoo darto waxyaabahaad soo dhigayso

Facebook / Instagram  

1. In ka badan 300,000 oo caruur ah oo Minnesota ku nool badanaa ma heli karaan cuntada ay u baahanyihiin si ay wax u bartaan oo u koraan. Ardayda kujirta fasaladeena waxay fursad u haystaan inay doortaan mid ka mid ah shanta fursadaha bacaha cuntada ee **@EveryMealOrg** si ay u haystaan dhammaadka usbuuca. Halkan ayaad macluumaad dheeri ah ka heli: **(insert link to school website)**
#EveryMeal #WeekendMealBags #EveryChildEveryMeal
2. Waalidka, xiisaynaya inay ogaadaan noocyadda cuntooyinka aan bixino? **(Insert school name)** waxaad ku helaysaa BILAASH AH **@EveryMealOrg** bacaha cuntadda ee ardayda iyo qoysaska ee dhammaadka usbuuca. Qoysasku way geli si ay u helaan baco cunno bilaash ah usbuuc kasta – wax su'aalo ah lama waydiin, wax shuruudo ahi ma jiraan. **(insert link to online enrollment form)**
#EveryMeal #WeekendMealBags #LetsKickHunger
3. Ma ogayd inaad is diwaangelin karto si aad uga hesho si usbuucle ah bacaha cuntada **@EveryMealOrg** ee dhammaadka usbuuca. Qoysasku waxay dooran karaan shan doorasho oo lagu habeeyey heerarka USP MyPlate. Dhammaan noocyada bacdu waxay ka kooban yihiin 4-5 rodol oo nafaqo leh, aan baaba'ayn, oo ay ku jiraan noocyo kala duwan oo miro ah, khudaar, borotiinno, badar, iyo maraq/macaan. Halkan ku dhufo **(insert link to online enrollment form)** si aad u hesho macluumaad dheeri ah oo ku saabsan sida laysku diwaangeliyo!
#EveryMeal #WeekendMealBags #Food #Access
4. Ma ogayd in caruurta wajahaaya gaajadu ay waxbarashada ka hooseeyaan dugsiga oo ay guushooda aqoontuna ka hoosaynayso. Ka ogow macluumaad dheeri ah oo ku saabsan cuntooyinkayaga laga helaayo **@EveryMealOrg** halkan **(insert link to school website)**.
#EveryMeal #WeekendMealBags #NoKidHungry

5. Waxaan siina halkan **@EveryMealOrg** baco cunno ah ardayda. Haddii aad xiisaynayso in ilmahaagu la yimaado guriga bac bilaash ah oo ah cuntooyinka hore u xumaada jimce kasta, u sheeg macalinka ilmahaaga ama iimayl garee dugsigayaga (insert title or role [ie. **social worker/counselor**] and **first & last Name**) halkan (insert school contact email).
#EveryMeal #WeekendMealBags #AllKidsOurKids
6. Ma ogayd in ka badan 95% ee qoysaska ka qayb qaadanaya inay ka helaan baco cunno ah **@EveryMealOrg** ay tahay illo waxtar leh? Ha ilaawin, (insert school name) ay siiso baco cunno usbuucle ah ardayda si ugu qaataan guriga dhammaadka usbuuca. Isku diwaangeli onlayn adoo isticmaalaya foomamkayga isdiwaangelinta halkan (insert link to online enrollment form) ama ku dhufo halkan (insert link to school resource page) si aad macluumaad dheeri ah u ogaato.
#EveryMeal #WeekendMealBags #NoKidHungry

Twitter

1. In ka badan 300,000 oo caruurta ku nool MN ay la noolyihiin cunto yari. Halkan (insert school name), ardaydu waxay ka heli karaan baco cunno usbuucle ah ee dhammaadka usbuuca oo ka timid **@EveryMealOrg**! Bookho boggayaga (website-kayaga) si aad u hesho macluumaad dheeri ah: (insert link to school website) **#EveryMeal #WeekendMealBags #EveryChildEveryMeal**
2. Waalidiinta, xiisaynaya ilaha cunto ee dheeriga ah ee aan bixino? Waxaan u haynaa baco cunooyin BILAASH ah **@EveryMealOrg** ardaydu ay u helayaan si usbuucle ah. Gal wax su'aalo ah lamawaydiinayo, waxba lagaagama baahna: (insert link to online enrollment form) **#EveryMeal #WeekendMealBags #LetsKickHunger**
3. Waad isdiwaangelin kartaa si aad u hesho bacaha cuntada **@EveryMealOrg** si usbuucle ah. Ka dooro doorashooyinka bacda 5 ta cunno ee ka kooban cunnooyinka kala duwan ee midhaha, khudrada cagaaran, booratiinada, badarka, maraqa/geedaha: (insert link to online enrollment form) **#EveryMeal #WeekendMealBags #Food #Access**
4. Ma ogayd in caruurta wajahaaya gaajadu ay waxbarashada ka hooseeyaan dugsiga oo ay guushooda aqoontuna ka hoosaynayso. Aan taas bedelno. Ka ogow macluumaad dheeri ah oo ku saabsan cuntooyinkayaga laga helaayo **@EveryMealOrg** halkan (insert link to school website) **#EveryMeal #WeekendMealBags #NoKidHungry**
5. Aad xiisaynayso in ilmahaagu la yimaado guriga bac bilaash ah oo ah cuntooyinka hore u xumaada ah Jimce kasta? Waxaan siina halkan **@EveryMealOrg** baco cunno ah ardayda. U sheeg macalinka ilmahaaga ama iimayl garee halkan (insert school contact email)
#EveryMeal #WeekendMealBags #AllKidsOurKids

6. Ma ogayd in ka badan 95% ee qoysaska ka qayb qaadanaya inay ka helaan baco cunno ah **@EveryMealOrg** oo noqonaya illo waxtar leh dhammaadka usbuuca? Isku diwaangeli qaab onlayn ah halkan (**link to online enrollment form**) ama ku dhufo (**geli bogga ilaha dugsiga**) si aad u ogaato macluumaad dheeri ah **#EveryMeal #WeekendMealBags #NoKidHungry**

IMAGES/IMAGENES/DUAB/SAWIRO



Bag Type Overview:

| BOX LABEL COLOR | LOGO COLOR | BAG CONTENTS |
|-----------------|--|--|
| Blue |  | This bag is pork free and may contain items such as tuna, spaghetti, black eyed peas, corn flour, fava beans, and tomato products. |
| Green |  | This bag offers the widest variety of food items, such as chicken, tuna, pasta, rice, mac and cheese, chili/soup, and varied vegetables and fruits. |
| Orange |  | This bag may contain items such as rice, black beans, pinto beans, corn flour, fideo pasta, enchilada sauce, chipotles in adobo, and diced chiles. |
| Purple |  | This bag may contain items such as rice, rice noodles, coconut milk, bamboo shoots, curry paste, green beans, and mandarin oranges. |
| Yellow |  | This bag contains all ready-to-eat items which require little or no preparation, such as dried fruit, tuna salad, chicken salad, sunflower seeds, granola, oatmeal, and soups. |