



SNAP IT! SHARE IT!
SWAP YOUR SNACK AND RETHINK YOUR DRINK
#GetHealthyRI Social Media Campaign
March 1 -31, 2017

The American Heart Association is celebrating Nutrition Month (March) by urging people to join our **Snaps of Your Snack Swap** campaign! We will be posting tips on healthy beverage and snack swaps on Facebook and need your participation to build some momentum and spread our message.

It's easy!

- ♥ Follow us on Facebook at www.facebook.com/sneheart and Twitter at www.twitter.com/sneheart
- ♥ When you see a **Snaps of your Snack Swap** post asking you to share your healthy snack or beverage swap, post a photo showing us - and telling us - about your swap.
- ♥ Share our posts and tweets with our hashtag **#GetHealthyRI**.

Have fun and be creative with the photos!

- ♥ We want to see you, your fellow staff, or clients in the picture!
- ♥ If you have a vending machine, show who us someone buying a healthy item.
- ♥ Take a picture of the unhealthy item going into the trash, while you eat the healthy one!
- ♥ Show us your family or work colleagues drinking infused water – share your recipes!

Here are some snack/beverage swap ideas. The key for snacks is to replicate the shapes and textures, but opt for the healthier options:



- ♥ Push away the sugary drinks and swap for yummy infused water. You can find recipes at <https://healthyforgood.heart.org/Add-color/Videos/12-infused-water-recipes>.
- ♥ Trade in salted pretzels for carrot sticks.
- ♥ If you crave ice cream, try low-fat yogurt. You can even freeze the yogurt in an ice-cube tray or mold.
- ♥ Swap potato chips for kale chips. (They *are* tasty!) There are lots of recipes on the internet. Try a spicy seasoning instead of the salt. If you love salt, just remember to go easy!
- ♥ Instead of a candied fruit snack, try some fresh fruit.

As always, it's not all fun and games. The CDC requires us to track our media, so please let us know how many people saw your posts. Estimates are ok.

We look forward to seeing your pictures! THANK YOU!!!