



General TIPS for Creating Facebook Posts:

- Use post as “teaser” to entice followers to click through links. Give a brief point about the link that makes someone want to find out more.
- Images tend to get better engagement than text-only, links or videos.
- Keep posts short and to the point.
- Ask questions at the end of the post, which is more like a natural conversation, to encourage followers to engage with your post.

TIPS for Food Resource Management Posts:

- Use images to post recipes
- Be careful when walking the fine line between disease prevention and disease management
- Don't be disparaging to single foods, commodities or industries (straight from SNAP-Ed's Program Integrity Tool)
 - Ex: instead of “limit soda” use “limit sugar-sweetened beverages”
- Avoid using brand names or specific retailers

This document contains more than 52 different posts about Food Resource Management divided into different categories. The intention is that these posts will provide you with one post per week for a year if posting Monday - Friday.

Shopping

1. Straying away from your shopping list? Have a healthy snack before you head to the store to reduce impulse buys!
2. Did you know there's no difference between store brand and name brand products? You get the same quality product for a much lower price when you buy the off-brand foods!
<http://bit.ly/1hHv5oH>
 - a. Tweet: Off-brands have the same quality as brand name foods! Buy off-brand foods to save money & still enjoy delicious foods! <http://bit.ly/1hHv5oH>



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3. When shopping for whole grain bread, day-old varieties are often cheaper and just as good!
4. Are frozen and canned vegetables healthy? YES! Frozen and canned items are packaged at their peak and offer all the same nutrients as fresh options and are cheaper than fresh!
<http://bit.ly/1VV3HBf>
 - a. Tweet: Frozen & canned veggies are a great way to get the same nutrients as fresh veggies, but at a much cheaper price! <http://bit.ly/1VV3HBf>
5. Shop for the season! Buying produce when in season is more affordable and it tastes great too! <http://bit.ly/1PvVIAI>
6. Yogurt cups too expensive to buy? Many companies offer larger, quart-sized containers that cost much less per serving than individual cups. These options are usually plain, which allows you to add your own flavoring with fresh fruit or a drizzle of honey, saving you extra calories from added sugar.
 - a. Tweet: Yogurt cups are expensive & often have a ton of sugar! Buy the larger, plain options & add fresh fruit to save money and added sugar!
7. Dried beans and peas are affordable, delicious, and full of protein and fiber! They also have a shelf life of over a year! Dried beans do need to be soaked before cooking. Learn how with MSU Extension! <http://bit.ly/1PkmpTW>
 - a. Twitter: Dried beans are affordable, delicious, & full of protein & fiber. Learn how to cook with them with MSU Extension! <http://bit.ly/1PkmpTW>
8. Sign up for coupons on your favorite company's website for great deals!
9. Did you know you can save money by shopping at a farmer's market? Many markets accept SNAP benefits and also offer the Double Up Food Buck program, which will match up to \$20 when you buy locally grown produce. <http://bit.ly/VLZzv9>
 - a. Tweet: Many farmer's markets accept SNAP benefits & offer the Double Up Food Buck program to save you money on fresh produce! <http://bit.ly/VLZzv9>



10. Have you ever found a sale item that the store is out of? Many stores offer rain checks that will let you use the sale price on another day! Ask your cashier during checkout about the store's rain check policy on out of stock sale items.

a. Tweet: Many stores offer rain checks on out of stock sale items that allow you to get the sale price on another day!

11. Knowing what's in season can save you money when buying local foods!

<http://bit.ly/1iwKMj7>

12. Not sure what food benefits you can use at MI farmer's markets? Be prepared next time you shop with these tips! <http://bit.ly/1RnlvTr>

Preservation

13. Freeze, freeze, freeze! If you find a sale on fresh fruits and veggies separate them into meal-size portions and freeze them! Not only does this save you money by preventing food from spoiling but it also saves you time when making food later! Learn how to blanch and freeze your veggies with MSU Extension: <http://bit.ly/1OGxcpU>

a. Tweet: Buy fresh veggies in bulk when they're on sale, prep into meal sized portions, then blanch & freeze for later! <http://bit.ly/1OGxcpU>

14. Buying meat in bulk can save money! But what if you can't eat it all at once? Freeze it! Here are 6 tips to help you freeze meat & poultry when you find it on sale!

<http://bit.ly/1LwkCsc>

a. Tweet: Buying meat in bulk can save money! Learn 6 tips to help you freeze meat: <http://bit.ly/1LwkCsc>

15. Do you love strawberries but think they're too expensive to eat year round? Save money on this tasty fruit by buying them in bulk while they are in season and then freezing them to enjoy all year long at a lower cost! <http://bit.ly/1NeWslk>

a. Try this post with different fruits/vegetables and link to similar article.

b. Tweet: Buy strawberries in bulk while they're in season & freeze to enjoy all year long! <http://bit.ly/1NeWslk>



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16. Should you can it or freeze it? Preserving food can save you money and time. Buy in bulk when you find a good deal on your favorite veggies. Learn more about canning and freezing: <http://bit.ly/1LwqyS7>

a. Tweet: Preserving your food can save you time and money. Learn more about canning and freezing: <http://bit.ly/1LwqyS7>

17. Are you interested in food preservation? Take this low-cost online course from MSU Extension that teaches all about food preservation from dehydrating to pressure canning! Preserving your food can be a lot of fun and save you money! <http://bit.ly/1SacRJJ>

a. Tweet: Check out this online food preservation course to learn everything from dehydrating food to pressure canning! <http://bit.ly/1SacRJJ>

18. Dehydrating your fruits & veggies can help prevent food spoilage and save you money!
<http://bit.ly/1MsbSZA>

Menu Planning

19. Plan out your weekly menu in advance! This will help you to buy only what you need and save money. <http://bit.ly/1MFrWTm>

20. Try packing your lunch for work and/or school! You will save money and eat healthier!
<http://bit.ly/1VVtG0w>

21. Make sure to check your pantry before going to the grocery, not only to prevent unnecessary purchases but also to help plan your meals for the week!
<http://bit.ly/1k9DFyg>

a. Tweet: Double check what you've got in your pantry before grocery shopping to prevent unnecessary purchases! <http://bit.ly/1k9DFyg>

22. Pack snacks when traveling. This is much cheaper and healthier than stopping at a fast food restaurant or convenience store! <http://bit.ly/1MHIRWr>



23. Tired of spending money eating out? Planning your meals ahead of time can save you time and money! <http://bit.ly/1Lwo1HA>

24. Tired of throwing food away because your kids won't eat it? A great way to get kids to eat different foods is to include them in the menu planning and cooking!

<http://bit.ly/1MaPSxl>

a. Tweet: A great way to get kids to eat different foods is to include them in the menu planning and cooking! <http://bit.ly/1MaPSxl>

25. Planning ahead can save you time and money! <http://bit.ly/1GWw7t4>

26. Tired of wasting money at lunchtime? Make your own convenience foods & include them as part of your packed lunch! <http://bit.ly/1k3y6Sm>

Recipes

27. Looking for low-cost recipes? Head to the “What’s Cooking? USDA Mixing Bowl” at <http://www.whatscooking.fns.usda.gov/>

28. Buy vegetables that can easily be multi-purposed for a variety of different recipes-e.g. red cabbage, sweet potatoes, greens, etc.

29. Restaurants are often more expensive and less healthy than preparing the food on your own! Next time whip up the same recipe at home!

30. Once or twice a week go meatless! This will save you money and you will likely be eating more fruits and vegetables! <http://bit.ly/1MtysrS>

31. Oats are a low-cost, healthy option that you can eat at many meals, not just breakfast! Use instead of breadcrumbs in burgers or crab cakes! And include as a topping in your fruit desserts! <http://bit.ly/10Ia4aF>

a. Tweet: Oats are a low-cost, healthy option that you can eat at many meals, not just breakfast! <http://bit.ly/10Ia4aF>



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32. Turn your leftovers into planned-overs! Make many meals out of the same food but not necessarily in the same way! <http://bit.ly/1k9LJ2d>

33. Canned veggies are a great way to eat your veggies for less cost! Look for no or low-salt added varieties. <http://bit.ly/1OlbBNV>

34. Canned tuna & salmon are great protein sources that cost less and last longer! Make them a staple item in your pantry for quick meals!

35. Still having a hard time making half your grains whole? Read these 9 tips on adding whole grains to your diet! <http://bit.ly/1NM0Dbz>

36. Get more bang for your buck with high fiber foods! They help you to stay full longer! <http://bit.ly/1VWK94G>

37. Have you ever had pumpkin soup? Large batches of soup are healthy meals that are inexpensive and will feed your family for a few days and can be easily frozen! Try this recipe from MSU Extension! <http://bit.ly/1Ltxk6L>

a. Tweet: Pumpkin soup is tasty and can be made in large batches to save for later! Try this recipe: <http://bit.ly/1Ltxk6L>

38. Only have \$4 to spend on food for the day? Check out this FREE cookbook online that provides recipes for you to Eat Good & Cheap! <http://bit.ly/TMvNFU>

39. Turn leftovers into planned-overs! <http://bit.ly/1Hmw0BX>

Gardening

40. Do you like gardening? Planting a garden is an excellent way to get fresh, healthy produce at a lower cost! <http://bit.ly/1LS7WYt>

41. Did you know you can buy seeds with your SNAP (EBT) benefits? <http://bit.ly/1NM5VUi>



42. Do you LOVE tomatoes as much as we do?! Tomatoes are one of the easiest vegetables to grow. They easily grow in many areas of the country and can be grown in a container, including a hanging basket! Learn more about growing tomatoes from MSU Extension <http://bit.ly/1M2xF51>

a. Tweet: Tomatoes are delicious & one of the easiest vegetables to grow! Learn more about growing tomatoes with MSU Extension <http://bit.ly/1M2xF51>

43. Are you tired of buying fresh herbs and not using them all before they spoil? Try growing your own! Then you can snip off what you need as you need it. Learn more about herbs at <http://bit.ly/1M2y4EL>

a. Tweet: Try growing your own herbs at home! This will save you money & can help prevent food waste! <http://bit.ly/1M2y4EL>

Other

44. Drink water! Your brain can often mistake thirst for hunger, so make sure you are hydrated and only eat when you are actually hungry. Try adding fruit & veggies to your water for more flavor! <http://bit.ly/1Kdeksh>

a. Tweet: Drink more water! Try adding fruit & veggies to your water for a change! <http://bit.ly/1Kdeksh>

45. Trying to stretch your food dollar? Check out these money saving tips from eXtension! <http://bit.ly/1PkaMwb>

46. Throwing away food is like throwing away money! Check out these 10 tips on preventing food waste: <http://bit.ly/1NfVoh2>

47. Save money using the FIFO method in your pantry! <http://bit.ly/1Pm6ep3>

48. Know how to organize your refrigerator to prevent waste & save you money! <http://bit.ly/1LL6Fpe>

49. What happened to Food Stamps? Read more about the Supplemental Nutrition Assistance Program! <http://bit.ly/1GWBzvZ>



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50. Throwing food away if it's past the expiration date? You might be tossing food that's still good! Learn more about expiration dates here <http://bit.ly/1WsyTb8>

a. Tweet: Throwing food away if it's past the expiration date? You might be tossing food that's still good! Learn more here <http://bit.ly/1WsyTb8>

51. Properly store produce to make sure it lasts as long as possible. Some fruits & veggies should go in the fridge, & some shouldn't! <http://bit.ly/1HmzKTR>

a. Tweet: Some fruits & veggies should go in the fridge, & some shouldn't! Read more & learn to store! <http://bit.ly/1HmzKTR>

52. Purchasing dented cans to save money? Dented cans might be on sale but are they safe? Read more here <http://bit.ly/1Q0UgS6>



References

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