



MONTHLY TWEETS TO UPDATE PEOPLE ON THE *MICHIGAN NUTRITION STANDARDS*

Support and Promote the *Michigan Nutrition Standards*

Twitter is a type of social media where individuals, groups, companies or organizations can share what is going on in a few short sentences with others who “follow” their posts online. The term “tweet” refers to what someone posts on Twitter. When you prepare a “tweet” you are limited to 140 characters. If you create a “tiny url” you can link web sites or blogs to your Twitter post using fewer characters. Twitter is easy to use. To find out more about twitter go to www.twitter.com.

Below are 12 monthly “tweets” related to the *Michigan Nutrition Standards*.

SEPTEMBER—Welcome back to school! Did you know that our school is now following the *Michigan Nutrition Standards*? Review the standards at: (tiny url)

OCTOBER—It’s National School Lunch Week. Our school lunches are healthy, taste great, and meet the *Michigan Nutrition Standards*. Questions or suggestions?: XXX.XXX.XXXX

NOVEMBER—Our students’ health is important to us. We want snacks at our school to be the healthiest they can be. Check with your child’s teacher before sending a snack to school.

DECEMBER—Happy Holidays! Healthy items to send in for parties include: fruit, veggies, whole grain crackers, popcorn, milk, 100% juice, yogurt, milk, and string cheese.

JANUARY—Did you know we have a school health team? Get involved. Call XXX-XXX-XXXX to find out when our next meeting is. New members are welcome. Read our minutes at: (tiny url)

FEBRUARY—We have new rules about what kind of fundraising can be done at our school. We do not allow school groups to sell unhealthy foods. Get new fundraising ideas at: (tiny url)

MARCH—Eating breakfast helps kids focus and learn better. Our school breakfasts are healthy and meet the *Michigan Nutrition Standards*. See our breakfast menu: (tiny url)

APRIL—Kids need healthy snacks to fuel them after school. Snacks in our afterschool program are healthy and meet the *Michigan Nutrition Standards*. See our menu: (tiny url)

MAY—Our staff is working hard to role-model healthy behaviors to students. Next time you see one of us doing something healthy give us a pat on the back!

JUNE—We’re proud to serve Michigan apples, milk, and other locally produced food in our cafeteria. We encourage kids to try new foods, especially fruits and vegetables.

JULY—We’re busy planning for a healthy new school year! Watch your mail and our school web site for information about new school food, nutrition and health policies.

AUGUST—It’s almost time for school again! Healthy students are happier and learn better. We now follow the *Michigan Nutrition Standards*. Find out more: (tiny url)