

Meet Up and Eat Up Social Media Templates

Facebook:

- FREE food, friends, and fun! Many fun activities to join while eating a healthy meal. You can stay active while receiving a free meal. Visit www.michigan.gov/MeetUpEatUp, or call 211 or text Food to 304-304 to find a site near you!
- School is out for the summer! Don't forget to eat with Meet Up and Eat Up. Visit www.michigan.gov/MeetUpEatUp or text Food to 304-304 to find a site near you. The FREE meals served at Meet Up and Eat Up follow USDA nutrition guidelines. Eat right this summer with friends at a local, safe place near you!
- No sign-up required for summer meals! Bring your child to [insert site name/information here] to join in on the summer fun!
- No better way to get a healthy meal and enjoy activities with your friends than at your local Meet Up and Eat Up site. To get more information visit: www.michigan.gov/MeetUpEatUp or call 211, text Food to 304-304 to find a safe site near you.
- Come and get your free meal at Meet Up and Eat Up. Some sites use fresh produce grown right in Michigan. A great way to try some new foods while having fun!
- Nationally, only 1 in every 7 children who receive free or reduced-price meals during the school year continue to receive meals during the summer months. Help promote Meet Up and Eat Up in your area. Visit www.michigan.gov/MeetUpEatUp or text Food to 304-304 to find a site near you. (Source: FRAC Hunger Doesn't Take a Vacation)
- 51% of families state that they would participate in Meet Up and Eat Up if they had a site that was located near them. (Source: 2016 Funding Resource Guide- Summer Opportunities)
- Children who are hungry often display signs of: hyperactivity, behavioral and academic issues, and low academic scores. Meet Up and Eat Up has shown to decrease childhood food insecurity and it improves performance in the classroom. To find a site near you, visit: www.michigan.gov/MeetUpEatUp or call 211 or text Food to 304-304. (Source: FRAC Breakfast Blueprint)
- The beneficial effects gained from Meet Up and Eat Up over the summer can carry over into the school year. Research has found that summer meals create a positive impact in children's academic scores during the school year. Come grab a meal at Meet Up and Eat Up today! (Source: FRAC Hunger and Health)
- Research shows that schools with programs like Meet Up and Eat Up have more students with higher reading proficiencies. Visit www.michigan.gov/MeetUpEatUp or call 211 or text Food to 304-304 (Source: No Kid Hungry- Summer Nutrition Program Social Impact Analysis)
- Using free time for reading has been shown to increase a child's literacy and overall liking to reading. Grab a book and a free meal at a Meet Up and Eat Up site today! To find a site near you visit: www.michigan.gov/MeetUpEatUp or call 211 or text Food to 304-304. (Source: ALA)
- Reading as little as 10 minutes a day has been shown to improve reading comprehension, so bring your favorite book to Meet Up and Eat Up site so you can Read Up! To find a site near you, visit: www.michigan.gov/MeetUpEatUp or call 211 or text Food to 304-304

- More time spent reading at Meet Up and Eat Up can result in higher achievement scores in reading. Come grab a book, friend, and a healthy meal today! To find a site near you visit: www.michigan.gov/MeetUpEatUp or call 211 or text Food to 304-304. (Source: ALA)
- At Meet Up and Eat Up, your child will have many perks. They will receive a free delicious meal, have fun activities to keep them physically active, and they can keep up on their summer reading by bringing a book to read along. Visit www.michigan.gov/MeetUpEatUp, call 211 or text 304-304 to find a site near you!
- Wondering where a Meet Up and Eat Up site is nearby? Visit www.michigan.gov/MeetUpEatUp, call 211 or text 304-304 to locate a site near you!
- Bring your child to [insert sponsor info and site address] #MeetUpEatUp today! No sign-up required to receive a FREE meal.

Twitter:

- #MeetUpEatUp can help provide kids and teens a healthy food to fuel them for the summer. More details at www.michigan.gov/MeetUpEatUp
- Research shows kids are at risk for summer weight gain. To help, promote #MeetUpEatUp
- Food insecurity can be harmful to development. To reduce childhood food insecurity, support #MeetUpEatUp #SummerMeals
- Come get your #Free meal at #MeetUpEatUp. Fun, food, and friends!
- At #MeetUpEatUp #SummerMeals kids will join in on the fun recreational activities while getting a nutritious meal.
- Meals served at #MeetUpEatUp helps kids learn, play, grow, and eat healthy.
- Food insecurity can be the downfall of a child's health, development, and well-being. #MeetUpEatUp can reduce food insecurity (Source:FRAC)
- With more participation in #MeetUpEatUp many more kids can become food secure. (Source:No Kid Hungry)
- Rates of food insecurity increase during the summer. #MeetUpEatUp can help decrease summer childhood hunger. (Source: FRAC)
- #MeetUpEatUp can help families stretch their food budget over the summer which can decrease overall food insecurity. (Source: FRAC)
- #MeetUpEatUp introduces children to new and healthy foods which can enhance their diet and improve their liking of healthier foods.
- #MeetUpEatUpReadUp encourages healthy food, friends, and reading. As little as 10 minutes a day can improve reading achievement Source:ALA
- Even a small amount of reading outside of school can have a positive effect, grab a book and a free meal at #MeetUpEatUpReadUp(Source:ALA)
- Visit www.michigan.gov/MeetUpEatUp to find where your child can join in for free meals, activities, and fun #MeetUpEatUp
- Come out to #MeetUpEatUpReadUp where you will enjoy free meals and have a fun place to practice on your summer reading
- Worrying about your child's reading skills over the summer? Worry no more and send your child with a book at #MeetUpEatUp