

# SOCIAL MEDIA POSTS



Multi-channel engagement is essential to reach today's busy and easily distracted shoppers. Use the social media posts provided here to drive traffic to your stores, while promoting the American Heart Association's Heart-Check certified foods and recipes.

Why not make this time of year delicious AND healthy? Get your #HeartCheckMark certified products and be a holiday hero with these tips. <https://bit.ly/3naCgdb>

Wondering what vegetables are in season? Check this list <https://bit.ly/3jnP2nD> for colorful additions to your heart-healthy holiday meal planning. #HeartCheckMark

Grandma's recipe may call for butter but substituting with a heart-healthy oil is one way to cut back on saturated fat while nailing that perfect holiday treat. Check this list to find some #HeartCheckMark certified cooking oils to add in your holiday recipes <https://bit.ly/2SzMLBX>

The holidays can be an easy time to lose sight of our health goals. Support your heart-health this season by challenging yourself to use as many #Heart-Check certified products in your holiday recipes as possible. Find the #HeartCheckMark grocery list here: <https://bit.ly/2SzMLBX>