



## BACK TO SCHOOL

# Social Media Posts

*These sample social media posts and graphics can be plugged into your preferred social media channel. Don't forget to tag us at the following handles!*

- **Instagram:** [@schoolfoodpros](https://www.instagram.com/schoolfoodpros)
- **Facebook:** [@Powered by School Food Professionals](https://www.facebook.com/PoweredbySchoolFoodProfessionals)
- **LinkedIn:** [@Powered by School Food Professionals](https://www.linkedin.com/company/PoweredbySchoolFoodProfessionals)
- **TikTok:** [@schoolfoodpros](https://www.tiktok.com/@schoolfoodpros)

## Sample Post Option #1

### Suggested Graphics (Carousel or Image Gallery):

**3 WAYS**  
**SCHOOL FOOD PROFESSIONALS**  
**HELP STUDENTS SUCCEED**



Source: [sciencedaily.com/releases/2008/03/080320105546.htm](https://www.sciencedaily.com/releases/2008/03/080320105546.htm)

**1**  
**THEY CAN HELP**  
**STUDENTS DO**  
**BETTER IN SCHOOL**

Research shows that when kids eat healthier, they do better in school.



Source: [sciencedaily.com/releases/2008/03/080320105546.htm](https://www.sciencedaily.com/releases/2008/03/080320105546.htm)

**2**  
**THEY CAN SUPPORT STUDENTS'**  
**WELL-BEING**

A nourishing meal can boost students' mood and outlook.



Source: [frac.org/wp-content/uploads/School-Meals-are-Essential-Health-and-Learning.pdf](https://www.frac.org/wp-content/uploads/School-Meals-are-Essential-Health-and-Learning.pdf)

**3**  
**THEY CAN HELP**  
**STUDENTS DEVELOP**  
**HEALTHY EATING**  
**HABITS**

Early exposure to healthy food can shape students' lifelong preferences.



Source: [ncbi.nlm.nih.gov/pmc/articles/PMC10146944/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC10146944/)

[Graphics can be downloaded here.](#)



## Instagram Copy:

As summer comes to an end, California's skilled School Food Professionals are working hard to help students start the school year right. By planning, preparing and cooking fresh, healthy meals for students, School Food Professionals are:

- ✓ Helping students do better in class
- ✓ Supporting students' well-being
- ✓ Shaping healthy habits that can last a lifetime

Check out @schoolfoodpros to learn the different ways that School Food Professionals are benefiting California kids.

#BackToSchool #PoweredBySchoolFoodProfessionals

## Facebook Copy:

With the school year right around the corner, California's School Food Professionals are already hard at work! By planning, preparing and cooking fresh, healthy meals, they're making sure students start off the school year strong — in and out of the classroom.

From helping students do better in class, to supporting their well-being and shaping healthy habits that can last a lifetime, School Food Professionals are setting California kids up for success.

This year, follow along as @Powered by School Food Professionals shares how California's School Food Professionals are cooking up better food and benefiting California kids.



## LinkedIn Copy:

California's School Food Professionals are helping students start the school year right. How?

By planning, preparing and cooking fresh, healthy meals, they're:

1. Helping students show up and do better in class.

Eating quality school meals is linked with better attendance and test performance, and when students eat fresh, quality meals, they do better in school.

2. Supporting students' well-being.

Healthier food positively impacts students' well-being, and studies consistently show that people who eat more fruits and vegetables are healthier than people who don't.

3. Shaping healthy habits that last a lifetime.

Exposure to healthy food in the cafeteria helps students learn healthier eating habits.

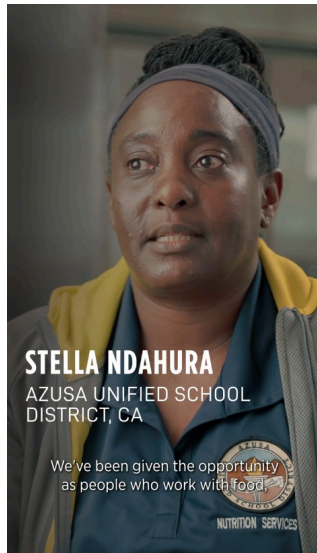
This school year, learn the ways that California's School Food Professionals are cooking up better food for students — and setting them up for success, in and out of the classroom:

[SchoolFoodPros.org](https://SchoolFoodPros.org)



## Sample Post Option #2

### Suggested Videos:



[Instagram Video](#)



[LinkedIn & Facebook Video](#)

### Instagram Copy:

"When our students are nourished and their brains are well fed, they're able to focus." - Stella Ndahura, Director of Nutrition Services at @azusaunifiedsd.

Meet Stella. As School Food Professionals, Stella and her team at Azusa Unified School District in Los Angeles County, are cooking fresh, healthy meals that support student success.

This school year, meet more California School Food Professionals like Stella who are leading the way to better school food at @schoolfoodpros.

#PoweredBySchoolFoodPros #CASchoolFoodPros



## Facebook Copy:

Meet Director of Nutrition Services at LA County's Azusa Unified School District, Stella Ndahura. Stella and her team are cooking fresh, healthy meals that support student success.

This school year, meet more California School Food Professionals like Stella who are leading the way to better school food: [schoolfoodpros.org](https://schoolfoodpros.org)

## LinkedIn Copy:

There's a reason Director of Nutrition Services Stella Ndahura's team is full of passionate and skilled professionals.

Stella and her team are cooking fresh, healthy meals that support student success. By planning, preparing and cooking nourishing meals, School Food Professionals help make sure students are better able to focus on the task at hand: learning.

This school year, meet more California School Food Professionals like Stella who are leading the way to better school food: [schoolfoodpros.org](https://schoolfoodpros.org)

## Sample Post Option #3

### Suggested Graphic:



[\*Graphics can be downloaded here.\*](#)

### Instagram Copy:

As the school year kicks off, healthy school food advocates across California are putting a spotlight on the School Food Professionals transforming school food.

From incorporating fresh, local produce to developing recipes that reflect students' diverse cultures and backgrounds, school food continues to improve — and Californians are excited to see how!

For example, Joanne Molinaro (@thekoreanvegan), a best-selling cookbook author and mother, shared how School Food Professionals incorporating food from different cultures into school meals helps students feel welcomed and included.

Get the scoop on what they're saying over at @schoolfoodpros and join the conversation by using #CASchoolFoodPros and #PoweredBySchoolFoodPros.



### **Facebook Copy:**

As the school year kicks off, people across California are putting a spotlight on the School Food Professionals transforming school food.

From incorporating fresh, local produce to developing recipes that reflect students' diverse cultures and backgrounds, school food continues to improve — and Californians are excited to see how!

Visit @Powered by School Food Professionals' website to get the scoop on what they're saying: [SchoolFoodPros.org](http://SchoolFoodPros.org)

### **LinkedIn Copy:**

As the school year kicks off, people across California are putting a spotlight on the School Food Professionals transforming school food.

From incorporating fresh, local produce to developing recipes that reflect our diverse cultures and backgrounds, school food continues to improve — and Californians are excited to see how!

Visit @Powered by School Food Professionals' website to get the scoop on what they're saying: [SchoolFoodPros.org](http://SchoolFoodPros.org)

## **Sample Post Option #4**

## Suggested Video:



[Instagram, LinkedIn & Facebook Video](#)

## Instagram Copy:

The secret ingredient for better school food? The professionals who make it.

@schoolfoodpros is sharing how School Food Professionals across California are planning, preparing and cooking up fresher, healthier and tastier school meals.

Follow along as they introduce you to the School Food Professionals cooking for change for our kids.

## Facebook Copy:

The secret ingredient for better school food? The professionals who make it.

@Powered by School Food Professionals is sharing how School Food Professionals across California are planning, preparing and cooking up fresher, healthier and tastier school meals.

Make sure you're following along this school year as they introduce you to the School Food Professionals cooking up success for our kids.



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The secret ingredient for better school food? The professionals who make it.

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