

## February 2024 Social Media Content

The following visuals and copy can be used by WIC staff for outreach purposes, including posting to social media pages. Feel free to edit the copy to make it specific to your agency. Hashtags and suggested posting dates are optional.

Find the graphics **here** or on the [WIC Share Portal](https://www.nwica.org/WICSharePortal). If you have questions, please email [campaign@nwica.org](mailto:campaign@nwica.org).

### Social Media Posts - For use on Instagram, Facebook, and Twitter

#### 1. Children's Dental Health Month

February is National Children's Dental Health Month! 🦷 Join us in promoting healthy smiles for our little ones. 😊 Good oral health is essential for overall well-being, so setting the foundation for a lifetime of healthy teeth is important!

WIC staff can refer you to a dentist. Find your nearest clinic at [www.signupwic.com](https://www.signupwic.com) #HealthyStartsHere #NCDHM #TinyTeeth



#### 2. WIC Food Spotlight: Cabbage (National Cabbage Day, Feb. 17)

This WIC-approved food spotlight is on CABBAGE! 🥬

Cabbage is a versatile winter vegetable that packs a nutritional punch! It's rich in vitamin C, fiber, and vitamin K and supports digestion and heart health. Boost your family's health with cabbage in dishes like stir-fries, coleslaw, salads, or cabbage rolls.

Use your WIC benefits to grab this nutrient-rich veggie today! Learn more about WIC-approved foods at a WIC clinic near you: [www.signupwic.com](https://www.signupwic.com) #HealthyStartsHere #NationalCabbageDay



#### 3. American Heart Month

February is American Heart Month! ❤️ Heart-healthy choices start early, and WIC is here to empower families to make heart-smart decisions together! 💪❤️ WIC staff can give you tips on nutritious meals for your family and easy ways to move your body more!

Learn more about heart health at a WIC clinic near you: [www.signupwic.com](https://www.signupwic.com) #HeartMonth #OurHearts #HeartHealth



#### 4. Black History Month

Happy Black History Month from your friends at WIC ❤️  
#BlackHistoryMonth



---

#### 5. National Grapefruit Month

Unlock the power of Vitamin C with grapefruit! 🍊 Did you know one medium grapefruit provides you with 100% of your daily Vitamin C needs? Boost your immune system, fend off viruses and bacteria, and stay on top of your health!

WIC staff can share more about the importance of Vitamin C, and you can use WIC benefits to purchase grapefruit!

Find a WIC clinic near you: [www.signupwic.com](http://www.signupwic.com) #HealthyStartsHere  
#NationalGrapefruitMonth



---

#### 6. Prenatal Care

WIC's support begins when you find out you're pregnant and continues after your little one arrives! 🤰❤️ Whether it's personalized nutritional guidance, healthy food benefits, or other valuable resources, WIC has got your pregnancy journey covered.

Connect with your local agency for all the details: [www.signupwic.com](http://www.signupwic.com)  
#HealthyStartsHere #HealthyStartsWithWIC



---

#### 7. Healthy Starts with WIC

WIC is here to support your family's health, from prenatal care and breastfeeding assistance to nutritious food benefits and other healthcare referrals. Connect with your nearby WIC agency for more information.

Visit [www.signupwic.com](http://www.signupwic.com) to get started! 💖 #HealthyStartsHere  
#HealthyStartsWithWIC



## 8. Child Nutrition

Babies and toddlers need protein, carbohydrates, vitamins, and minerals to develop properly. WIC helps ensure your little ones get the essential nutrients they need to grow.

Visit [www.signupwic.com](http://www.signupwic.com) to find a WIC agency near you. #HealthyStartsHere #HealthyStartsWithWIC

---

## 9. Breastfeeding Support

Whether you're a new parent or facing new challenges, WIC can be part of your breastfeeding support system. WIC can connect you with breastfeeding counselor, breastfeeding resources, and more.

Contact a WIC clinic near you to learn more about WIC's breastfeeding benefits: [www.signupwic.com](http://www.signupwic.com) #HealthyStartsWithWIC #BreastfeedingJourney



a

## 10. WIC Prenatal Nutrition Support

WIC is here to support you during and after your pregnancy! Our devoted staff is here to be your nutrition guide every step of the way, ensuring you and baby get the best start.

Speak with your local WIC agency to learn more today at [www.SignUpWIC.com](http://www.SignUpWIC.com). ❤️ #HealthyStartsWithWIC



## 11. Vaccinations

Cold and flu season is still in full swing, and COVID cases are rising. 🤒 WIC is here to help families access vaccinations that can help you fight these illnesses! 💉 ✨ Protect yourself and your loved ones by getting vaccinated. Let's prioritize our well-being and create a healthier community together!

Connect with your local WIC clinic for more information: [www.signupwic.com](http://www.signupwic.com) #HealthyStartsHere #HealthyStartsWithWIC



**Stories** - For use on Instagram and Facebook.

When posting stories, it's great to add interactive elements like your clinic's location and a link to your website or [www.signupwic.com](http://www.signupwic.com)!

