**June Social Media Toolkit - English**

*The following visuals and copy can be used by WIC staff for outreach purposes, including posting to social media. Feel free to edit the copy, website, or contact information to make it specific to your clinic.*

*Hashtags and suggested posting dates are optional; observance day posts can be shared anytime by editing the suggested captions to fit your clinic’s needs.*

*Please reach out to us at campaign@nwica.org if you have any questions!*

1. **Father’s Day - June 15th**

Great dads make a difference. Being there for your kids matters—today and every day. 💙

To all the amazing dads doing their best to love, support, and show up for their families: We see you. Your presence, your care, and your dedication are shaping your child’s future in powerful ways. You’re doing great 🌟

Happy Father’s Day from all of us at WIC!

#FathersDay #HealthyStartsHere

1. **Pride Month**

Happy Pride Month! 🌈 At WIC, we celebrate and support families of all kinds because everyone deserves access to healthy food and caring support. 💜 If you are pregnant, breastfeeding, postpartum, or caring for a child under 5, you could qualify for WIC!

Visit [www.signupwic.com](http://www.signupwic.com) to learn more and connect with WIC services near you.

#PrideMonth #HappyPride #LGBTFamilies #HealthyStartsHere

1. **Men’s Health Month**

Dads and male caregivers, your health is important too! 💙 And by prioritizing your well-being—whether it’s eating nutritious meals, staying active, or keeping up with check-ups—you’re setting a powerful example for your kids to make healthier choices.

This #MensHealthMonth and every month, WIC encourages you to make small changes toward better health, for yourselves and for your family’s future. 💪 Start by joining WIC’s nutrition education with your family! Learn how to choose wholesome foods, plan balanced meals, and build habits that keep everyone healthy and strong. 🥗

Learn more about WIC at [www.signupwic.com](http://www.signupwic.com)

#HealthyStartsHere

1. **Fresh Fruit and Vegetable Month**

As the weather warms up, nature's bounty is at its peak! That means seasonal fruits and veggies are not only more delicious right now, they're often more affordable too. 💰 Stretch your WIC benefits further by choosing in-season favorites! 🍓🥕

Learn more about WIC at [www.signupwic.com/about](http://www.signupwic.com/about)

#HealthyStartsHere

1. **Library Love**

Public libraries are places full of surprises! Yes, they have books and storytimes but also movies, music, classes, and helpful staff who can answer questions and connect you to important services. 💻

Struggling to find a job? Need help with health or housing questions? Your librarians can probably help! They’re experts at finding resources and information you need.

At WIC, we love how libraries support our community. Why not visit yours this week? You might be surprised by what you find! 🌟

#PublicLibrary #KidsBooks #HealthyStartsHere

1. **Farmers Market Nutrition Program**

🌱 It’s Farmers Market Season! There’s nothing like fresh, locally grown produce—and now’s the perfect time to enjoy it while supporting your community farmers! 🚜

WIC’s Farmers Market Nutrition Program (FMNP) provides benefits to help you buy locally grown fruits, veggies, and herbs from participating vendors. It’s a great way to add nutritious, seasonal foods to your family’s meals! 🍎🥦

Ask your WIC clinician about FMNP benefits and make the most of your benefits this summer. Find a clinic near you by visiting [www.signupwic.com/find-a-clinic](http://www.signupwic.com/find-a-clinic)!

#FarmersMarket #HealthyStartsHere

1. **WIC-Approved Food of the Month: Radishes**

Radishes are crunchy, nutritious vegetables that are delicious pickled, sautéed, or raw in salads! 🥗 Try radishes in this Spring Vegetable Saute recipe from @usdagov: <https://www.myplate.gov/recipes/spring-vegetable-saute>

Tip: Radishes are easy to grow in gardens and containers. 🌱 You can harvest your radishes as early as 30 days after planting them!

#HealthyStartsHere #WICRecipes

1. **Nutrient Highlight: Fiber**

We often forget about fiber in our efforts to eat healthier. Not only does fiber help us stay full longer and poop more regularly, getting enough fiber is even more important now knowing that colon cancer rates are on the rise. 🫘🥬🍎

To learn more about your nutrition needs, chat with one of our WIC dietitians! We can help you learn exactly what you and your little ones need to live your healthiest lives.

Connect with a WIC clinic here: [www.signupwic.com/find-a-clinic](http://www.signupwic.com/find-a-clinic)

#HealthyStartsHere

1. **New Blog Post: Toddler Nutrition -** [**signupwic.com**](http://signupwic.com) **Blog launches in early June**

Every meal is a chance to nourish your toddler’s growing body and curious mind. We know feeding little ones can be tough, but WIC is here to help! We can help you create simple, balanced, and yummy meals that set the foundation for a lifetime of healthy eating.🫛🍓

At WIC, we're here to support you with the resources, tips, and guidance you need to make mealtime both nutritious and enjoyable!

Learn more and read the full blog post by visiting [signupwic.com](http://signupwic.com)

#HealthyStartsHere #ToddlerNutrition #ToddlerRecipes