

# 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.

Making decisions can be hard but eating smart doesn't have to be. One way to make a smart one – look for @AmericanHeart's Heart-Check mark! When you choose foods with the Heart-Check mark, you've made a choice to #EatSmart. Learn more at [heartcheck.org](https://heartcheck.org). #HealthyForGood #HeartCheckMark

This little mark has a big responsibility. All the foods that carry it are certified to meet the American Heart Association's recommendations for a healthy eating pattern – and it's all based on heart-health claims approved by the FDA. Learn more at [heartcheck.org](https://heartcheck.org). #HealthyForGood #EatSmart #HeartCheckMark

When you look for the Heart-Check mark, you'll always find options that meet @AmericanHeart's nutritional standards for a healthy eating pattern. Now that's how you #EatSmart! Learn more at [heartcheck.org](https://heartcheck.org). #HealthyForGood #HeartCheckMark

This Heart Month, shop for #Heart-Check certified products. Certified foods meet the American Heart Association's recommendations to be part of a healthy eating pattern. Ask your in-store registered dietitian or visit <https://bit.ly/2SzMLBX> for a list of certified foods.

Wanting some heart-healthy meals this Heart Month? Look no further. Check out these recipes that are #Heart-Check certified by the American Heart Association <https://www.heart.org/en/healthy-living/company-collaboration/heart-check-certification/heart-check-certified-recipes>

*Let us know how you are incorporating #Heart-Check certified foods and recipes into your diet this Heart Month. We are all in this together!*