

Sample Social Media Posts

# Posts for X

Did you hear? The 2024 theme for the national Senior Nutrition Program celebration is Connection in Every Bite. We’re highlighting the profound relationship between food and social connection. Visit [acl.gov/snp/celebrate](https://acl.gov/snp/celebrate)! #SeniorNutritionProgram #ConnectionInEveryBite

Funded by the Older Americans Act, the national Senior Nutrition Program has supported nutrition services for older adults since 1972. Every March, we celebrate the anniversary, local programs, and our collective impact nationwide. #SeniorNutritionProgram #ConnectionInEveryBite

Since 1972, the national Senior Nutrition Program has served healthy meals to older adults at risk of hunger — not only serving up nutritious food but also meaningful connections. <https://youtu.be/RERcdAGeTZ8> #SeniorNutritionProgram #ConnectionInEveryBite

Designed to promote the health and well-being of older Americans, the national #SeniorNutritionProgram reduces hunger, food insecurity, and malnutrition while also increasing socialization. More about nutrition services funded by the Older Americans Act: [acl.gov/snp](https://acl.gov/snp/)

Through the national Senior Nutrition Program, about 5K local providers serve approximately 1M meals a day—but that’s only one part of Older Americans Act nutrition services. Explore highlights from Innovations in Nutrition grants: [acl.gov/senior-nutrition/grantee-spotlight](https://acl.gov/senior-nutrition/grantee-spotlight) #SeniorNutritionProgram

Discover how the national Senior Nutrition Program is keeping older adults connected to each other and to their communities. <https://youtu.be/AlVf44xRo9o> #SeniorNutritionProgram #ConnectionInEveryBite

In celebration of the Senior Nutrition Program's 2024 anniversary theme, Connection in Every Bite, participate in the Surgeon General's "5-for-5 Connection Challenge" and connect with people in your life! [hhs.gov/surgeongeneral/priorities/connection/challenge](https://www.hhs.gov/surgeongeneral/priorities/connection/challenge/index.html) #SeniorNutritionProgram

Coming together over a meal can provide a sense of belonging, structure, and meaningful ways to connect. Learn more about the benefits of eating with others: [acl.gov/sites/default/files/nutrition/BenefitsOfEatingTogether\_IG-508.pdf](https://acl.gov/sites/default/files/nutrition/BenefitsOfEatingTogether_IG-508.pdf) #SeniorNutritionProgram #ConnectionInEveryBite

Congregate meals programs provide healthy meals served in group settings, offer opportunities for social engagement, and connect older adults with other supports and services. Find a program near you: [eldercare.acl.gov](https://eldercare.acl.gov/Public/index.aspx) #SeniorNutritionProgram #ConnectionInEveryBite

Social isolation poses serious health risks to millions of older adults — it has been linked to higher blood pressure and increased risk of heart disease and stroke, among other things. Find tools to combat isolation and loneliness at [committoconnect.org](https://committoconnect.org/). #CommitToConnect

# Posts for Facebook

Did you hear? The annual celebration of the national Senior Nutrition Program is coming up in March! This year’s theme is Connection in Every Bite, highlighting the profound relationship between food and social connection. #SeniorNutritionProgram [acl.gov/snp/celebrate](https://acl.gov/snp/celebrate)

Funded by the Older Americans Act, the national Senior Nutrition Program has supported nutrition services for older adults across the country since March 1972. Local programs (like ours!) are vital in carrying out the work to provide healthy meals, strengthen social connections, and support the health and well-being of older Americans. #SeniorNutritionProgram

For more than 50 years, the national Senior Nutrition Program has served healthy meals to older adults at risk of hunger — not only serving up nutritious food but also meaningful connections. <https://youtu.be/RERcdAGeTZ8> #SeniorNutritionProgram

Designed to promote the health and well-being of older Americans, the national Senior Nutrition Program aims to reduce hunger, food insecurity, and malnutrition AND increase socialization. Learn more about nutrition services funded by the Older Americans Act. #SeniorNutritionProgram [acl.gov/snp](https://acl.gov/snp/).

Through the national Senior Nutrition Program, about 5,000 local providers serve nearly 1 million meals a day in communities nationwide. But that’s only part of nutrition services funded by the Older Americans Act. Check out these highlights from “Innovations in Nutrition Programs and Services” grants. #SeniorNutritionProgram [acl.gov/senior-nutrition/grantee-spotlight](https://acl.gov/senior-nutrition/grantee-spotlight)

Discover how the national Senior Nutrition Program is keeping older adults engaged with each other and their communities through congregate and home-delivered meals served with a side of connection. #SeniorNutritionProgram <https://youtu.be/AlVf44xRo9o>

Just like the national Senior Nutrition Program 2024 anniversary theme, Connection in Every Bite, the 2023 U.S. Surgeon General's Advisory on the Healing Effects on Social Connection and Community calls attention to the critical role that connection plays in individual, community, and societal health. Participate in the Surgeon General's "5-for-5 Connection Challenge” to strengthen your relationships and inspire others to connect. #SeniorNutritionProgram [hhs.gov/surgeongeneral/priorities/connection/challenge](https://www.hhs.gov/surgeongeneral/priorities/connection/challenge/index.html)

Studies show that people who dine with others regularly eat healthier and report a better quality of life. Coming together over a meal can provide a sense of belonging, structure, and meaningful ways to connect over shared beliefs and interests. Check out this fact sheet on the benefits of eating with others. #SeniorNutritionProgram [acl.gov/sites/default/files/nutrition/BenefitsOfEatingTogether\_IG-508.pdf](https://acl.gov/sites/default/files/nutrition/BenefitsOfEatingTogether_IG-508.pdf)

Congregate meal programs serve healthy meals in group settings and offer important opportunities for social engagement. Four out of five meal program participants say a congregate meal program has helped improve their health. Find a #SeniorNutritionProgram program near you: [eldercare.acl.gov](https://eldercare.acl.gov/Public/index.aspx)

Social isolation is linked to higher blood pressure and earlier onset of dementia and increases the risk of heart disease and stroke. Interpersonal connection is an important part of healthy aging. Find tools to combat social isolation and loneliness for both professionals and consumers. [committoconnect.org](https://committoconnect.org/)