

"Dine In" With Us!

What You Can Do (choose one or more!)

- 1 Commit to "Dining In" on December 3.
- 2 Prepare and eat a healthy meal with your family on December 3.
- 3 Take a photo of your family preparing a healthy meal and post it to Facebook, Twitter, and/or Instagram using #FCSday and #healthyfamselfie.
- 4 Change your Facebook profile photo to the I'm "Dining In" logo.
- 5 Wear an I'm "Dining In" sticker.
- 6 Ask your friends and family to "Dine In."
- 7 Pin your favorite family meal recipes to a "Dining In" Pinterest board.
- 8 Follow AAFCS on Facebook, Twitter, and Instagram for ideas and updates.
- 9 Share our social media posts or create your own posts about family mealtime.
- 10 Visit www.aafcs.org/FCSday for more ways to get involved and access resources!



www.aafcs.org/FCSday

 #FCSday #healthyfamselfie

