

# VIRTUAL GREAT BIG CRUNCH



## Social Media Toolkit

To help promote this year's Virtual Great Big Crunch on social media, websites, newsletters, emails, and more, use the posts below or create your own! Don't forget to tag Tastebuds and use hashtags #GreatBigCrunch #TastebudsHamOnt  
Supporters can be directed to [www.tastebudshamilton.ca/gbc](http://www.tastebudshamilton.ca/gbc) for more information!

### Promotion:

- This year the #GreatBigCrunch , a national movement and annual moment of anti-silence to make noise for healthy school food, is going virtual! In support of [Tag Tastebuds] and #studentnutritionprograms , share your best CRUNCH into any crunchy fruit/vegetable! #TastebudsHamOnt

### To Accompany Crunches:

- Today I am taking a #GreatBigCrunch into a/an [apple, carrot, cucumber, etc.] in support of healthy school food and [Tag Tastebuds] ! I challenge [Tag friends, family, colleagues] to join me with your favourite crunchy fruit/vegetable! #TastebudsHamOnt #NutritionMonth
- This year the #GreatBigCrunch , a national moment of anti-silence to make noise for healthy school food, is going virtual! In support of @TastebudsSNC and #studentnutritionprograms , join me in sharing your best CRUNCH into any crunchy fruit/vegetable #TastebudsHamOnt



[@TastebudsSNC](https://twitter.com/TastebudsSNC)



[@TastebudsHamilton](https://www.instagram.com/TastebudsHamilton)



[@HamiltonTastebuds](https://www.facebook.com/HamiltonTastebuds)

