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