

**Minneapolis Department of Health  
Minneapolis Healthy Food Shelf Network  
Plant an Extra Row campaign – Social Media Posts  
FINAL 03.11.13**

**The following are twitter and facebook posts to be used singly (or in combination) in social media promoting the Minneapolis Healthy Food Shelf Network and the “Plant an Extra Row” program.**

**Twitter**

For a basic twitter “how to,” click [here](#). The following are “tweets” to be posted on a food shelf or other organization’s twitter site.

- Grow an extra row (or two!) of produce this season for your local food shelf  
#mplshealthyfoodshelves #plantarow bit.ly/mhfsn
- Connect. Plan. Plant. Share. Support your local food shelf with fresh produce donations:  
bit.ly/mhfsn #mplshealthyfoodshelves #plantarow
- Give the gift of health – donate garden-grown produce to a food shelf in 2013  
#mplshealthyfoodshelves #plantarow bit.ly/mhfsn
- Everybody needs healthy food – plant a row for a food shelf near you!  
#mplshealthyfoodshelves #plantarow bit.ly/mhfsn
- Support your community – grow an extra row for a food shelf this summer  
#mplshealthyfoodshelves #plantarow bit.ly/mhfsn
- Be an example: plant a row this growing season for others #mplshealthyfoodshelves  
#plantarow bit.ly/mhfsn
- Donate the “cream of your crop” to a local food shelf this growing season  
#mplshealthyfoodshelves #plantarow bit.ly/mhfsn
- To better health! Fresh produce donations improve health #mplshealthyfoodshelves  
#plantarow bit.ly/mhfsn

**Facebook**

- Plant an extra row (or two!) this season! What does this mean? Connect with your local food shelf and find out what types of produce they need most. Buy seeds at your local garden store for as little as \$1, or join your Local Food Resource Hub for access to low-cost seeds and other gardening resources. Then, start planting! When it’s time to harvest, share the best of what you’ve grown with your local food shelf. Find your nearest food shelf and learn more at [www.healthyfoodshelves.org](http://www.healthyfoodshelves.org).

- Fresh produce helps improve health: You may not realize this, but food shelf recipients love to be able to select healthy foods, like fresh vegetables and fruit, just as much as you do. This season, give the gift of health to others by planting an extra row or two of produce in your garden to benefit your local food shelf. Locate your nearest food shelf and learn more at [healthyfoodshelves.org](http://healthyfoodshelves.org) at [www.healthyfoodshelves.org](http://www.healthyfoodshelves.org).



(Save this or similar garden photo to desktop and upload) Got a little to give? Plan ahead by planting an extra row for your local food shelf. Give the gift of health this growing season! Locate your nearest food shelf and learn more at [www.healthyfoodshelves.org](http://www.healthyfoodshelves.org).



• (Save this or similar produce photo to desktop and upload) Your food shelf donations could look like this! Did you know that your local food shelf and its clients love to receive donations of fresh produce? By donating your garden-grown fruits and veggies to your local food shelf, you are contributing to the well-being and self-sufficiency of your community – and helping individuals in need. Locate your nearest food shelf and learn more at [www.healthyfoodshelves.org](http://www.healthyfoodshelves.org).