A pink text with rays of light

Description automatically generated**Social Media Planner: Grow Well to Eat Well 2025  
Please tag @MyLivingWell1  
All graphics available to download from:** [**https://mylivingwell.co.uk/resources/toolkits/**](https://mylivingwell.co.uk/resources/toolkits/)If you have any issues or enquiries or need the graphics to be sent via WeTransfer please contact: [communications@mylivingwell.co.uk](mailto:communications@mylivingwell.co.uk)

|  |  |  |
| --- | --- | --- |
| **Platform** | **Message** | **Image** |
| **X (Twitter)** | Fancy having a go at growing your own food?  Try for FREE with @MyLivingWell1  🍅 Grow Well to Eat Well! 🥕🥬  There’s nothing tastier than homegrown!  Visit the website to get your FREE seed growing kit:  <https://mylivingwell.co.uk/campaigns/grow-well-to-eat-well/>  #GrowWelltoEatWell | A group of vegetables and a sign  AI-generated content may be incorrect.  Grow Well to Eat Well Social Media Static Landscape 1  Or  Grow Well to Eat Well Animation Landscape |
| **Facebook** | Fancy having a go at growing your own food?  Try for FREE with @MyLivingWell1  🍅 Grow Well to Eat Well! 🥕🥬  There’s nothing tastier than homegrown!  Limited stock - visit the website and get your FREE seed growing kit:  <https://mylivingwell.co.uk/campaigns/grow-well-to-eat-well/>  #GrowWelltoEatWell | A group of vegetables and a sign  AI-generated content may be incorrect.  Grow Well to Eat Well Social Media Static Landscape 1  Or  Grow Well to Eat Well Animation Landscape |
| **Instagram** | Fancy having a go at growing your own food?  Try for FREE with @MyLivingWell1  🍅 Grow Well to Eat Well! 🥕🥬  There’s nothing tastier than homegrown!  Limited stock - visit the website and get your FREE seed growing kit:  [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)  #GrowWelltoEatWell #vegetables #grow #growyourown #growyourownfood #homegrown #growyourfood #growwhatyoueat #growfood #growyourownveggies #grownfromseed | A group of vegetables and plants  AI-generated content may be incorrect.  Grow Well to Eat Well Social Media Static Square 1  Or  Grow Well to Eat Well Animation Square |
| **Alt Text** | Green box with white text at top reads: Ever thought about growing your own food? Below this to the left is a photograph of a variety of fresh vegetables with the Grow Well to Eat Well Logo placed over the top. To the right of this on a pink background the text reads: Get a FREE seed kit with: Grow Well to Eat Well! Underneath this is a series of illustrations showing the process of growing from a seed packet to planting the seeds in a plant pot, watering the pot, leaving in a sunny place then a cross section of the pot showing the plant growing under the soil, then a pot with a plant sprouting, then a pot with a full grown plant. Underneath this is a pink box with the web address in white text: [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk) with social media logos for X, Facebook and Instagram and the Living Well logo in white | |
| **X (Twitter)** | Ever thought about growing your own food?  Taste the difference with @MyLivingWell1  🍅 Grow Well to Eat Well! 🥕🥬  Kits include pots or seed tray & everything you need to get started!  Limited stock - get your FREE seed growing kit asap:  <https://mylivingwell.co.uk/campaigns/grow-well-to-eat-well/>  #GrowWelltoEatWell | A group of paper pots  AI-generated content may be incorrect.  Grow Well to Eat Well Social Media Static Landscape 2  Or  Grow Well to Eat Well Animation Landscape |
| **Facebook** | Ever thought about growing your own food?  Taste the difference with @MyLivingWell1  🍅 Grow Well to Eat Well! 🥕🥬  Kits include pots or seed tray & everything you need to get started!  Limited stock – visit the website to get your FREE seed growing kit asap:  <https://mylivingwell.co.uk/campaigns/grow-well-to-eat-well/>  #GrowWelltoEatWell | A group of paper pots  AI-generated content may be incorrect.  Grow Well to Eat Well Social Media Static Landscape 2  Or  Grow Well to Eat Well Animation Landscape |
| **Instagram** | Ever thought about growing your own food?  Taste the difference with @MyLivingWell1  🍅 Grow Well to Eat Well! 🥕🥬  Kits include pots or seed tray & everything you need to get started!  Limited stock – visit the website to get your FREE seed growing kit asap:  [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)  #GrowWelltoEatWell #vegetables #grow #growyourown #growyourownfood #homegrown #growyourfood #growwhatyoueat #growfood #growyourownveggies #grownfromseed | A poster of a plant seeding kit  AI-generated content may be incorrect.  Grow Well to Eat Well Social Media Static Square 2  Or  Grow Well to Eat Well Animation Square |
| **Alt Text:** | Green box with white text at top reads: Ever thought about growing your own food? Below this to the left is a photograph of a seed kit with pots and the Grow Well to Eat Well Logo placed to the right. To the right of this on a pink background the text reads: Get a FREE seed kit with: Grow Well to Eat Well! Underneath this is a series of illustrations showing the process of growing from a seed packet to planting the seeds in a plant pot, watering the pot, leaving in a sunny place then a cross section of the pot showing the plant growing under the soil, then a pot with a plant sprouting, then a pot with a full grown plant. Underneath this is a pink box with the web address in white text: [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk) with social media logos for X, Facebook and Instagram and the Living Well logo in white | |
| **X (Twitter)** | 🍅 Grow Well to Eat Well! 🥕🥬  Taste the difference of home grown food with @MyLivingWell1  Kits include seed tray or pots with everything you need to get started!  Limited stock - visit the website for your FREE seed growing kit asap:  <https://mylivingwell.co.uk/campaigns/grow-well-to-eat-well/>  #GrowWelltoEatWell | A plant growing on a table  AI-generated content may be incorrect.  Grow Well to Eat Well Social Media Static Landscape 3  Or  Grow Well to Eat Well Animation Landscape |
| **Facebook** | 🍅 Grow Well to Eat Well! 🥕🥬  Taste the difference of home grown food with @MyLivingWell1  Kits include seed tray or pots with everything you need to get started!  Limited stock - visit the website for your FREE seed growing kit asap:  <https://mylivingwell.co.uk/campaigns/grow-well-to-eat-well/>  #GrowWelltoEatWell | A plant growing on a table  AI-generated content may be incorrect.  Grow Well to Eat Well Social Media Static Landscape 3  Or  Grow Well to Eat Well Animation Landscape |
| **Instagram** | 🍅 Grow Well to Eat Well! 🥕🥬  Taste the difference of home grown food with @MyLivingWell1  Kits include seed tray or pots with everything you need to get started!  Limited stock - visit the website for your FREE seed growing kit asap:  [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)  #GrowWelltoEatWell #vegetables #grow #growyourown #growyourownfood #homegrown #growyourfood #growwhatyoueat #growfood #growyourownveggies #grownfromseed | A seedling in a pot  AI-generated content may be incorrect.  Grow Well to Eat Well Social Media Static Square 3  Or  Grow Well to Eat Well Animation Square |
| **ALT Text** | Green box with white text at top reads: Ever thought about growing your own food? Below this to the left is a photograph of a seed kit with seed trays and the Grow Well to Eat Well Logo placed to the right. To the right of this on a green background text reads: Get a FREE seed kit with: Grow Well to Eat Well! Underneath this is a series of illustrations showing the process of growing from a seed packet to planting the seeds in a plant pot, watering the pot, leaving in a sunny place then a cross section of the pot showing the plant growing under the soil, then a pot with a plant sprouting, then a pot with a full grown plant. Underneath this is a pink box with the web address in white text: [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk) with social media logos for X, Facebook and Instagram and the Living Well logo in white | |
| **X (Twitter)** | 🍅 Grow Well to Eat Well! 🥕  Growing your own veg helps to reduce food waste & saves money too!  Have a go for FREE with @MyLivingWell1  Limited stock - visit the website for your FREE seed growing kit asap:  Let’s get growing #Bradford!  <https://mylivingwell.co.uk/campaigns/grow-well-to-eat-well/>  #GrowWelltoEatWell | A advertisement for a plant shop  AI-generated content may be incorrect.  Grow Well to Eat Well Social Media Static Landscape 4  Or  Grow Well to Eat Well Animation Landscape |
| **Facebook** | 🍅 Grow Well to Eat Well! 🥕  Growing your own veg helps to reduce food waste & saves money too!  Have a go for FREE with @MyLivingWell1  Limited stock - visit the website for your FREE seed growing kit asap:  Let’s get growing #Bradford!  <https://mylivingwell.co.uk/campaigns/grow-well-to-eat-well/>  #GrowWelltoEatWell | A advertisement for a plant shop  AI-generated content may be incorrect.  Grow Well to Eat Well Social Media Static Landscape 4  Or  Grow Well to Eat Well Animation Landscape |
| **Instagram** | 🍅 Grow Well to Eat Well! 🥕  Growing your own veg helps to reduce food waste & saves money too!  Have a go for FREE with @MyLivingWell1  Limited stock - visit the website for your FREE seed growing kit asap:  Let’s get growing #Bradford!  [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)  #GrowWelltoEatWell #vegetables #grow #growyourown #growyourownfood #homegrown #growyourfood #growwhatyoueat #growfood #growyourownveggies #grownfromseed | A poster of a plant growing  AI-generated content may be incorrect. |
| **Alt Text:** | Pink box with white text at top reads: Grow Well to Eat Well! Underneath are two photos showing a seed kit with pots and another kit with seed trays. Under this is a pink box with white text that reads: Get a FREE seed kit with everything you need to get started! On a green background under this in yellow text it days Limited stock available - don’t miss out!! Underneath this is a series of illustrations showing the process of growing from a seed packet to planting the seeds in a plant pot, watering the pot, leaving in a sunny place then a cross section of the pot showing the plant growing under the soil, then a pot with a plant sprouting, then a pot with a full grown plant. Underneath this is a pink box with the web address in white text: [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk) with social media logos for X, Facebook and Instagram and the Living Well logo in white | |