**Living Well Grow Well to Eat Well campaign
Social media planner. PLEASE SHARE FROM MARCH 14 2024**

If creating your own messages, Please use #GrowWelltoEatWell and tag the following:

**Facebook: @MyLivingWell1 @HortonCommunityFarm @GrowBradford**

**X (Twitter): @MyLivingWell1 @HortonComFarm @GrowBradford**

**Instagram: @MyLivingWell1 @HortonCommunityFarm @Grow.Bradford**

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| --- | --- | --- |
| **Platform** | **Message** | **Suggested Image** |
| 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 a homegrown tomato!Visit the website to get your FREE seed pack: [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)#GrowWelltoEatWell@HortonComFarm @GrowBradford | **A video play button with a pink and green background  Description automatically generated**File type: Animated graphic (mp4)File name: Grow Well to Eat Well Twitter - Animated |
| Facebook | Have you ever wanted to have a go at growing your own food? Now you can have a go for FREE with @MyLivingWell1🍅Grow Well to Eat Well! 🥕🥬There’s nothing tastier than a homegrown tomato!Come on Bradford district let’s get growing!Visit the website to get your FREE seed pack: [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)#GrowWelltoEatWell@HortonCommunityFarm @GrowBradford | A video play button with a sun and flowers  Description automatically generated with medium confidenceFile type: Animated graphic (mp4)File name: Grow Well to Eat Well Twitter - Animated |
| Instagram | Have you ever wanted to have a go at growing your own food? Now you can have a go for FREE with @MyLivingWell1🍅Grow Well to Eat Well! 🥕🥬There’s nothing tastier than a homegrown tomato! Come on Bradford district let’s get growing!Visit the website to get your FREE seed pack: [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)@HortonCommunityFarm @Grow.Bradford#GrowWelltoEatWell#vegetables #grow #growyourown #growyourownfood #homegrown #growyourfood #growwhatyoueat #growfood #growyourownveggies #grownfromseed | A video of a video game  Description automatically generatedFile type: Animated graphic (mp4)File name: Grow Well to Eat Well Instagram - Animated |
| Alt Text | Ever thought about growing your own food? Have a go for FREE with our new campaign: Grow Well to ﻿Eat Well! Grow your own fresh food that’s bursting with flavour! It’s easy, fun and a great way for you and your family to eat your 5 a day! Ready Set Grow! We’ve teamed up with Horton Community Farm & Grow To School, to offer a free seed growing kit to help you get started! You don’t need a big garden or allotment. You can grow your own food in pots, on your indowsill, balcony, patio or even in a hanging basket! To get you free seed kit visit our website, complete a short form then collect your kit! Choose from 3 types of free kits. Kit 1: Two types of seeds for growing indoors or outdoors Kit 2: Two types of seeds, a pot and compost for growing indoors Kit 3: Three seed packs, a small window box and compost for growing indoors. Kits available to collect from lots of places across Bradford district. Limited stock. What will you grow? www.mylivingwell.co.uk |
| Twitter | 🍅Grow Well to Eat Well! 🥕🥬Ever eaten homegrown veg? It’s fresher and tastier!Have a go for FREE with @MyLivingWell1 Visit the website to get your FREE seed pack!Come on #Bradford let’s get growing![www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)#GrowWelltoEatWell@HortonComFarm @growbradford | A green and white sign with a sunflower  Description automatically generatedFile type: Static graphic (jpg)File name: Grow Well to Eat Well Twitter – Static 1 |
| Facebook | 🍅Grow Well to Eat Well! 🥕🥬Have you ever eaten homegrown veg? It’s fresher and tastier! Now you can have a go for FREE with @MyLivingWell1Visit the website to get your FREE seed pack: [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)Come on Bradford district let’s get growing![www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)#GrowWelltoEatWell@HortonCommunityFarm @GrowBradford | A green and white sign with a sunflower  Description automatically generatedFile type: Static graphic (jpg)File name: Grow Well to Eat Well Facebook – Static 1 |
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| Alt Text | Ever thought about growing your own food? Have a go for FREE with our new campaign: Grow Well to ﻿Eat Well! Visit the Living Well website to find out how to get your FREE seed pack! Limited stock - get yours before they all go! www.mylivingwell.co.uk |
| Twitter | 🍅Grow Well to Eat Well! 🥕Growing your own veg helps to reduce food waste & saves money too!Have a go for FREE with @MyLivingWell1Visit the website to get your FREE seed pack!Let’s get growing #Bradford![www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)#GrowWelltoEatWell@HortonComFarm @growbradford | A pink and green advertisement with a plant growing from coins  Description automatically generatedFile type: Static graphic (jpg)File name: Grow Well to Eat Well Twitter – Static 2 |
| Facebook | 🍅Grow Well to Eat Well! 🥕Growing your own veg helps to reduce food waste and can save money on your shopping bill too!Have a go for FREE with @MyLivingWell1Visit the website to get your FREE seed pack!Let’s get growing #Bradford![www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)#GrowWelltoEatWell@HortonCommunityFarm @growbradford | A green and pink banner with text and plants  Description automatically generatedFile type: Static graphic (jpg)File name: Grow Well to Eat Well Facebook – Static 2 |
| Instagram | 🍅Grow Well to Eat Well! 🥕Growing your own veg helps to reduce food waste and can save money on your shopping bill too!Have a go for FREE with @MyLivingWell1Visit the website to get your FREE seed pack!Let’s get growing #Bradford![www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)@HortonCommunityFarm @Grow.Bradford#GrowWelltoEatWell#vegetables #grow #growyourown #growyourownfood #homegrown #growyourfood #growwhatyoueat #growfood #growyourownveggies #grownfromseed | A poster of a plant growing on coins  Description automatically generatedFile type: Static graphic (jpg)File name: Grow Well to Eat Well Instagram – Static 2 |
| Alt Text | Ever thought about growing your own food? Have a go for FREE with our new campaign: Grow Well to ﻿Eat Well! Visit the Living Well website to find out how to get your FREE seed pack! Limited stock - get yours before they all go! You could save money on your shopping bill! www.mylivingwell.co.uk |
| Twitter | 🍅Grow Well to Eat Well! 🥕The satisfaction of growing your own food can benefit your mental health!Have a go FREE with @MyLivingWell1Visit the website for your FREE seed pack!Let’s get growing #Bradford[www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)#GrowWelltoEatWell@HortonComFarm @growbradford | A green and pink banner with text and images of plants and a watering can  Description automatically generatedFile type: Static graphic (jpg)File name: Grow Well to Eat Well Twitter – Static 3 |
| Facebook | 🍅Grow Well to Eat Well! 🥕The satisfaction of growing your own food can benefit your mental health!Have a go FREE with @MyLivingWell1Visit the website for your FREE seed pack!Let’s get growing #Bradfordwww.mylivingwell.co.uk#GrowWelltoEatWell@HortonCommunityFarm @growbradford | A poster for a plant care company  Description automatically generated with medium confidenceFile type: Static graphic (jpg)File name: Grow Well to Eat Well Facebook – Static 2 |
| Instagram | 🍅Grow Well to Eat Well! 🥕The satisfaction of growing your own food can benefit your mental health!Have a go FREE with @MyLivingWell1Visit the website for your FREE seed pack!Let’s get growing #Bradford[www.mylivingwell.co.uk](http://www.mylivingwell.co.uk)@HortonCommunityFarm @Grow.Bradford#GrowWelltoEatWell#vegetables #grow #growyourown #growyourownfood #homegrown #growyourfood #growwhatyoueat #growfood #growyourownveggies #grownfromseed | A poster with text and images  Description automatically generatedFile type: Static graphic (jpg)File name: Grow Well to Eat Well Instagram – Static 3 |
| Alt Text | Ever thought about growing your own food? Have a go for FREE with our new campaign: Grow Well to ﻿Eat Well! Visit the Living Well website to find out how to get your FREE seed pack! Limited stock - get yours before they all go! Great for your mental wellbieng too! www.mylivingwell.co.uk |

If you have any issues or enquiries please contact: communications@mylivingwell.co.uk