A pink text with rays of light

Description automatically generated**Social Media Planner: Nutrition and Hydration Week - 17-23 March 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)

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| **Platform** | **Message** | **Image** |
| **X (Twitter)** | 🍎🥦 17-23 March - Nutrition & Hydration Week 🍛🥙  Visit us for  ✔️Top tips & easy food swap ideas 💡  ✔️Shopping & cooking on a budget 💷  ✔️Tasty low cost recipes 😋  ✔️Lunch boxes ideas 🍱  ✔️Meal planners & shopping lists 🗒️  <https://mylivingwell.co.uk/eating-well/swap-well-to-eat-well/>  @MyLivingWell1 @NHWeek #NHWeek | * N&H Week Animation Landscape * N&H Week Static Landscape   A pink and blue poster with a blue circle and a knife  AI-generated content may be incorrect. |
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| **Alt Text** | Nutrition & Hydration Week. Illustration of a plate with knife and fork on each side with the words Nutrition & Hydration Week on the plate. 17 – 23 March 2025. www.mylivingwell.co.uk | |
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| **Facebook** | 🍎🥦 It's Nutrition & Hydration Week 🍛🥙  🥤 Swap sugary/fizzy drinks for water! 🥛  Combat tiredness, improve sleep and help your body function better! Not keen on water? Add fresh fruit, cucumber or mint! 🍓🍋  <https://mylivingwell.co.uk/eating-well/swap-well-to-eat-well/>  @MyLivingWell1 @NutritionandHydrationWeek #NHWeek | * N&H Week Animation Landscape Swap your Pop * N&H Week Static Landscape Swap Your Pop 1   A blue and pink poster with a drop of water  AI-generated content may be incorrect.   * N&H Week Static Landscape Swap Your Pop 2   A poster with water drops and text  AI-generated content may be incorrect. |
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| **Alt Text:** | Swap your pop 1:  Swap your pop! Benefits of drinking water! Helps beat tiredness, helps organs function better, improves digestive health, improves memory and mood. Picture of a water drop with words inside that say water  The wonder drink. www.mylivingwell.co.uk | |
| Swap your pop 2:  Swap your pop! Why should we drink water? Water saves us money - it’s free! Zero calories and sugar free, sugary (or fizzy) drinks are bad for teeth, better skin, hair and nails. Picture of a water drop with words inside that say  Try adding cucumber mint or strawberry. www.mylivingwell.co.uk | |
| **X (Twitter)** | 🍎🥦 It's Nutrition & Hydration Week 🍛🥙  James from Laisterdyke swaps white rice for brown rice to help keep him fuller for longer!  👀➡️ Watch his film here: <https://youtu.be/sEMfJWo4tLc>  Find out more: <https://mylivingwell.co.uk/eating-well/swap-well-to-eat-well/>  @MyLivingWell1 @NHWeek #NHWeek | * N&H Week Animation Landscape James * N&H Week Static Landscape James   A person standing in front of a bowl of rice  AI-generated content may be incorrect.   * N&H Week Static Landscape Beans & Pulses   A plate of pasta with beans and beans in containers  AI-generated content may be incorrect. |
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| **ALT Text** | James:  Swap when you cook! Photo of James smiling into the camera. I’m swapping white rice for brown rice. It’s healthier and it keeps me fuller for longer! Photo of a bowl of rice www.mylivingwell.co.uk | |
| Beans and pulses:  Swap when you cook! Swap half (or all) the mince in your chilli, curry or bolognaise for beans, pulses or lentils. It’s a healthier option and cheaper too! Photo of a bowl of spaghetti bolognaise and some open cans of different beans and pulses. www.mylivingwell.co.uk | |
| **X (Twitter)** | 🍎🥦 It's Nutrition & Hydration Week 🍛🥙  Shaheen from Ravenscliffe swaps sugary cereals for cheaper and healthier porridge!  👀➡️ Watch her film here: <https://youtu.be/BBLcMz1303c>  Find out more: <https://mylivingwell.co.uk/eating-well/swap-well-to-eat-well/>  @MyLivingWell1 @NHWeek #NHWeek | * N&H Week Animation Landscape Shaheen * N&H Week Static Landscape Shaheen   A person smiling with a bowl of oatmeal  AI-generated content may be incorrect.   * N&H Week Static Landscape Yoghurt   A poster of a bowl of fruit  AI-generated content may be incorrect. |
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| **ALT Text** | Shaheen:  Swap when you shop! Photo of Shaheen smiling into the camera. I’m swapping sugary cereals for porridge. It’s healthier, cheaper and keeps my family fuller for longer! Photo of a bowl of porridge with berries on top www.mylivingwell.co.uk | |
| Yoghurt:  Swap when you shop! Swap sugary split-pot yoghurts and Rassomalai for natural low fat yoghurt with a handful of fresh or dried fruit. It’s a healthier option and cheaper too! Photo of a bowl of yoghurt with berries on top. www.mylivingwell.co.uk | |
| **X (Twitter)** | 🍎🥦 It's Nutrition & Hydration Week 🍛🥙  Mohammed from Manningham is reducing the crisps and sweets that he and his family eat.  👀➡️ Watch his film here: <https://youtu.be/_s8v0Ox6cFI>  Find out more: <https://mylivingwell.co.uk/eating-well/swap-well-to-eat-well/>  @MyLivingWell1 @NHWeek #NHWeek | * N&H Week Animation Landscape Mohammed * N&H Week Static Landscape Mohammed   A person holding a plate of food  AI-generated content may be incorrect.   * N&H Week Static Landscape Popcorn   A poster with different types of spices  AI-generated content may be incorrect. |
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| **ALT Text** | Mohammed:  Swap when you snack! Photo of Mohammed smiling into the camera. I’m swapping crisps and sweets for more fruit and vegetables. I’m feeling more energetic and my mood has improved! Photo of a plate with chopped vegetables and a dip. www.mylivingwell.co.uk | |
| Popcorn:  Swap when you snack! Swap crisps and sweets for plain popcorn! Sprinkle over your favourite herbs and spices for flavour. It’s a healthier option and cheaper too! Photo of a bowl of popcorn with bowls of spices above. www.mylivingwell.co.uk | |
| **X (Twitter)** | 🍎🥦 It's Nutrition & Hydration Week 🍛🥙  Make your everyday eating habits healthier. Try these 10 easy swaps when you cook, shop and snack!  👀➡️ Watch the film here: <https://mylivingwell.co.uk/eating-well/swap-well-to-eat-well/healthy-food-swaps/>  @MyLivingWell1 @NHWeek #NHWeek | * N&H Week Static Landscape Food Swaps   A pink and blue banner with text and a spoon  AI-generated content may be incorrect. |
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| **ALT Text** | Try 10 easy food swaps! Illustration of a plate with knife and fork on each side with the words Nutrition & Hydration Week on the plate. Nutrition & Hydration Week 17 – 23 March 2025. www.mylivingwell.co.uk | |