

## **Suggested Social Media posts**

### **Twitter:**

- A first step can make a big difference. We've all signed up to #treatfreetuesday with @FSScot, what treats will you drop?
- How can we drop unhealthy snacks and treats? Follow @FSScot and visit [foodstandards.gov.scot](http://foodstandards.gov.scot) for further details. #changeourfuture
- Help #changeourfuture by having a #treatfreetuesday with @FSScot & you can make a small change which could make a big difference
- We know it's not easy to give up snacks. Make a start and join us & @FSScot in #treatfreetuesday

### **Facebook:**

- We're supporting @FoodStandardsScotland this month by focusing on our snacking habits. Join us for #treatfreetuesday for one snack-free day each week.
- How can we drop unhealthy snacks? Visit [foodstandards.gov.scot](http://foodstandards.gov.scot) for tips and to learn more about the Food Standards Scotland Healthy Eating Campaign
- It's first steps that can make a big difference. We've all signed up to #treatfreetuesday with @FoodStandardsScotland, what treats will you drop?