



Social Media Toolkit

April - June 2025



April

Key Dates in April 2025

2	World Autism Awareness Day
4	International Carrot Day
6	<i>Raam Navami</i>
7	World Health Day
8	Foundation scholarship application deadline
8	National Empanada Day
11	National Clean Up Your Pantry Day
14	National Pecan Day
18	Good Friday
19	National Garlic Day
20	Easter
22	Earth Day
23	National Picnic Day
26	National Pretzel Day
29	<i>Eid al-Fitr</i>
30	<i>Akshaya Tritiya</i>
30	National Raisin Day
30	Stop Food Waste Day
7-13	National Public Health Week
11-17	Black Maternal Health Week
12-20	<i>Passover</i>
13-15	<i>Buddhist New Year, Theravada tradition</i>
13-19	<i>Holy Week</i>
20-26	National Infertility Awareness Week
21-25	Every Kid Healthy Week
	Alcohol Awareness Month
	Arab American Heritage Month
	Cushing's Disease Awareness Month
	Irritable Bowel Syndrome Awareness Month
	Move More Month
	National Autism Awareness Month
	National Cancer Control Month
	National Minority Health Month
	National Pecan Month
	National Preceptor Month
	National Soy Foods Month
	National Stress Awareness Month
	Parkinson's Disease Awareness Month

Talking Points

Food Storage Safety Tips for the Cupboard (National Clean Up Your Pantry Day)

When stored properly, some foods remain safe and maintain quality for an extended period, helping to reduce your risk of food poisoning, decrease food waste and see your money go further.

Here are some tips on proper food storage in the cupboard:

www.eatright.org/food/home-food-safety/safe-food-storage/food-storage-safety-tips-for-the-cupboard

- Keep your cupboards and pantry clean, dry, dark and cool. A cool temperature range, between 50°F to 70°F, helps keep foods at their best longer.
- Organize your cupboards by placing older containers in front to use first.
- Discard any cans that are cracked, bulging, leaking or that spurt liquid when opened. This can be a sign of food spoilage or food poisoning.
- Check the FoodSafety.gov [FoodKeeper App](https://www.foodsafety.gov) for information on how long specific foods can be stored in your pantry.

Produce from Purchase to Plate – Steps to Reduce Food Waste (Stop Food Waste Day)

According to the U.S. Department of Agriculture's Economic Research Service, more than 100 billion pounds of food go to waste each year. While many causes of food waste are out of consumers' control, there are several ways we can make a difference.

www.eatright.org/food/planning/food-security-and-sustainability/produce-from-purchase-to-plate-steps-to-reduce-food-waste

- Buy only what you need. Beware of bulk discounts, especially on fresh produce, since it has a limited shelf life.
- Store any perishable fresh produce, such as berries and leafy greens, in a clean refrigerator set to 40°F or below. If produce is refrigerated at a grocery store, it generally should be refrigerated at home to maintain quality.
- Have a plan, then prepare only what you need. Make half portions or develop a plan for using leftovers to help reduce excess food that might go to waste.
- Composting can help put food scraps to use and reduce methane emissions in landfills. Fruits, vegetables, coffee and tea are good materials for compost.

Sample Social Media Posts

Do you know the last time you gave your cupboards a good spring cleaning? Follow these food safety tips to reduce the risk of food poisoning in your pantry and help your money go further: sm.eatright.org/cupboard #eatright

April is #MoveMoreMonth! Learn about the benefits of physical activity and how to incorporate movement into your family's routine no matter the season: sm.eatright.org/FamilyExercise #eatright #kidseatright

It's no secret that stress can impact food choices, but there might be more to the relationship between food and stress than you know. Learn more during National Stress Awareness Month: sm.eatright.org/StressMgmt #eatright

April 30: On #StopFoodWasteDay and beyond, use these helpful tips to reduce food waste when selecting, preparing, storing and composting fruits and vegetables! sm.eatright.org/FoodWaste #eatright

The application deadline for Academy Foundation scholarships is April 8! If you're a nutrition and dietetics student, don't miss out on this opportunity: sm.eatright.org/SchAppPort #eatrightPRO #futureRDN



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April 8 is the deadline to apply for an Academy Foundation scholarship!

The [Academy of Nutrition and Dietetics Foundation](#) is the largest provider of dietetic scholarships to students at all levels of study. Share this opportunity and encourage nutrition and dietetics students and interns to apply today!

Applying for Foundation scholarships is a streamlined, convenient process: By completing the application, you'll automatically be considered for every scholarship for which you are eligible. Individual scholarships range in value from \$500 to \$25,000 each.

Last year, the Foundation awarded more than \$818,650 to 307 dietetic students and interns to support their educational expenses for the 2024-2025 academic year. [Learn more](#) about applying for Foundation scholarships.

Before applying, review the eligibility criteria on the Foundation's website. You also can view the [Foundation Scholarship FAQ](#) and [Scholarship Application Checklist](#).

[All scholarship applications](#), including supporting materials, are due by **April 8 at 10 a.m. Central time**. Encourage students and dietetic interns to apply and urge educators, preceptors, and other professional colleagues to spread the word!

Sample Social Media Posts

The Academy Foundation is the largest provider of dietetic scholarships to students at all levels of study! To be considered for a 2025-2026 academic year scholarship, complete the application by April 8: sm.eatright.org/SchAppPort #eatrightPRO #futureRDN

If you complete the Academy Foundation's online scholarship application, you are automatically considered for hundreds of Foundation scholarships! The deadline is April 8: sm.eatright.org/SchAppPort #eatrightPRO #futureRDN

Looking for ways to make your Foundation scholarship application stand out? Be yourself! Authentic experiences stand out to reviewers. Share your story and apply by April 8: sm.eatright.org/scholarships25 #eatrightPRO #futureRDN

In 2024, the Foundation awarded \$818,650 to 307 students and dietetic interns. Learn more about these scholarships and apply for one today: sm.eatright.org/scholarships25 #eatrightPRO



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April is National Gardening Month!

With the start of spring, April is the perfect time to get outside for National Gardening Month. Whether you have a lot of space or no room for a home garden, there are still options to get hands-on in growing your own food this month.

If the outdoor space you have at home limits your ability to garden, consider a [container garden](#) on a porch, patio or windowsill. Snap peas, [tomatoes](#) and herbs are all great options for those with limited space. Or, consider starting or joining a community garden in your area. Participating in a [community garden](#) can provide neighbors with an opportunity to connect one-on-one and help people living with food insecurity, while promoting sustainable agriculture by reducing negative environmental impacts, such as minimizing food transportation.

For those [new to gardening](#), follow these tips to get started. Try starting seeds indoors or using seedlings from a local garden store or nursery. Also look for plants that are relatively easy to grow and harvest quickly, such as lettuce, [green beans](#), cucumbers and [zucchini](#). And if you have kids, don't forget to get them involved! An expanding body of research shows that when [kids help grow fruits and vegetables](#), they are more likely to eat more produce and try different kinds, too.

Sample Social Media Posts

Interested in growing your own food but have limited space at home? Try planting a container garden! Learn about this fun and healthy experience for the whole family: sm.eatright.org/StartContainer #eatright #kidseatright #NationalGardeningMonth

Seeking a green project for your neighborhood? Consider a community garden! Discover how to start or get involved in one during #NationalGardeningMonth: sm.eatright.org/StartCommunity #eatright

Celebrate #NationalGardeningMonth by learning how to garden! These tips will encourage you and your family to get outside and have some fun planting your favorite fruits and veggies: sm.eatright.org/FirstTime #eatrightPRO #kidseatright

April is #NationalGardeningMonth, a great time to get outdoors and grow food at home with your kids! Here are some easy ways to get started: sm.eatright.org/KidsGarden #eatright #kidseatright

Summer squash is relatively easy to grow in a garden and is incredibly versatile. You can stuff it, bake it, steam it, roast it, grill it and more: sm.eatright.org/SumSquash #eatright #NationalGardeningMonth

Key Dates in May 2025

1	Call for late-breaking FNCE® abstracts opens
2	World Tuna Day
5	World Hand Hygiene Day
7	National Bike to School Day
8	World Ovarian Cancer Awareness Day
10	National Shrimp Day
11	Mother's Day
12	Vesak Day
13	International Hummus Day
15	International Day of Families
17	World Hypertension Day
26	Memorial Day
28	National Senior Health & Fitness Day
29	Ascension Day
31	Deadline to renew Academy membership
11-17	Food Allergy Awareness Week
11-17	National Women's Health Week
23-24	Yom HaShoah
	Arthritis Awareness Month
	Asian American and Pacific Islander Heritage Month
	Celiac Awareness Month
	Global Employee Health and Fitness Month
	Healthy Vision Month
	Jewish American Heritage Month
	Lupus Awareness Month
	Lyme Disease Awareness Month
	Mental Health Awareness Month
	Mobility Awareness Month
	National Asthma and Allergy Awareness Month
	National Barbecue Month
	National Cancer Research Month
	National High Blood Pressure Education Month
	National Osteoporosis Month
	National Physical Fitness and Sports Month
	National Salad Month
	National Strawberry Month
	National Stroke Awareness Month
	Older Americans Month

Talking Points

Healthy Lifestyles for Healthy Older Adults (Older Americans Month)

You're never too old to enjoy the benefits of improved nutrition and fitness. Americans are living longer, enjoying energetic and active lifestyles well into their 80s and 90s! Consider the following tips for boosting nutrition in older adults:

www.eatright.org/health/wellness/healthful-habits/healthy-weights-for-healthy-older-adults

- As adults age, they need fewer total calories, but higher amounts of certain nutrients, especially calcium and vitamin D.
- Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Make sure to prioritize protein-rich foods such as beans, lean meat and seafood.
- Aim for a stable weight as you get older. If you want to lose a few pounds, talk to your health care provider or a registered dietitian nutritionist about the best plan for you.
- Retired people on limited incomes may have trouble buying enough nutrient-rich foods to meet all their needs. If this is a problem for you or someone you love, explore the options for senior meal sites,

Handwashing Basics and Tips (World Hand Hygiene Day)

Proper handwashing has the power to reduce food poisoning and significantly reduce the spread of the common cold, flu and other viruses. Help keep yourself and those around you healthy with the following tips. www.eatright.org/food/home-food-safety/cleaning-tips/hand-washing

- Always wash hands before handling, preparing or eating food.
- Wet hands with warm or cold running water and apply soap.
- Take at least 20 seconds to wash your hands — about the time it takes to sing two choruses of "Happy Birthday." Make sure to wash both the front and back of your hands.
- Dry hands with disposable paper towels, clean cloth towels or air dry.

Sample Social Media Posts


As people age, making smart food and lifestyle choices becomes especially important for good health. Here are some useful nutrition tips for older adults in honor of #OlderAmericansMonth: sm.eatright.org/HealthyOlder #eatright

May 5: Proper handwashing helps to reduce food poisoning and the spread of viruses. On #WorldHandHygieneDay, refresh your memory on the basics of handwashing with these helpful tips: sm.eatright.org/HandWash #eatright

Don't wait until a break! Osteoporosis risk increases after 50, with the highest rates seen in women 65 and older and men 70 and older. Learn how your food choices now can affect your bone health later in life: sm.eatright.org/osteoporosis #eatright #NationalOsteoporosisMonth

During Food Allergy Action Month, take time to learn about the different types of food allergies: sm.eatright.org/FoodAllergIntol #eatright

Are you interested in submitting a late-breaking abstract for #FNCE 2025 in Nashville? Before submitting your abstract, review these guidelines: sm.eatright.org/LateAbstracts25 #eatrightPRO



TIME TO RENEW

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Continue Your Academy Membership – Renew by May 31, 2025!

When you are part of the Academy of Nutrition and Dietetics' membership, you belong to a community of incredibly passionate and dedicated nutrition professionals and students who are advocating for public policy priorities, driving research and innovation in health care, and leading the charge for a healthier tomorrow.

These are just a few of the exclusive benefits Academy members receive:

- **DPGs and MIGs** with focuses on specific practice areas and interests
- Access to the [Journal of the Academy of Nutrition and Dietetics](#) (plus CPE)
- A free listing in the Academy's [Find a Nutrition Expert](#) online referral service
- Up to **30% off Academy publications and resources**
- 50%+ savings on a subscription to **eNCPT or Certificate of Training** modules
- Free live Academy webinars starting June 1

Talk to your employer about ways your Academy membership can make you a more valuable employee. Download the Academy's [tips and talking points](#) to help you demonstrate the investment your employer can make by paying your membership dues. In fact, employers paying for multiple memberships at once may be eligible for more savings!

If you're within the first five years of Academy membership eligibility, there's another option for you: the Career Starter Dues Program. Reduced dues offered through this program are based on your RDN or NDTR eligibility date on file with CDR, or your graduation date. Tiered pricing increases annually for five years, advancing to the full Active membership rate. There are also flexible installment payment options, if you'd rather not pay all at once.

[Learn more](#) about these offers and all the benefits Academy membership offers and renew by May 31!

Sample Social Media Posts

Be part of a passionate community of nutrition professionals driving policy, research and innovation when you renew your Academy membership by May 31! Learn more about exclusive benefits: sm.eatright.org/memberbens #eatrightPRO

Need assistance with your #eatrightPRO membership? Your employer may be able to cover your dues— and save by paying for multiple memberships! New to the field? The Career Starter Dues Program offers reduced rates for your first 5 years: sm.eatright.org/memberbens

Investing in your success starts with Academy membership! Access cutting-edge research, CPE and networking, save up to 30% on Academy resources, and advocate for public health and nutrition policy! Learn more and join or renew: sm.eatright.org/memberbens #eatrightPRO



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May is National Celiac Awareness Month.

In the United States, countless individuals struggle with [celiac disease](#) — a lifelong condition — which results in damage to the small intestine when gluten is consumed. Because gluten is present in many foods, [awareness and a special eating plan](#) are essential in managing this condition.

When building a [gluten-free grocery list](#), make sure to read the ingredient list on food labels. [Wheat, barley and rye](#) are the key ingredients to look out for. However, reading the label is important! While “wheat bread” may be an obvious food to avoid, there are many foods that may seem safe that actually contain these ingredients, such as salad dressings, soy sauce, and soups. Other ingredients to be on the lookout for include malt (made from barley), triticale, and some brands of oats.

It’s also important to remember food safety, especially if anyone else at home does eat gluten-containing foods. [Cross-contact](#) is when a food allergen or gluten is transferred to a food meant to be allergen- or gluten-free. Using a shared toaster for both gluten and gluten-free breads can be one culprit of cross-contact, as can “double dipping” a utensil into a condiment jar. When eating out, buffets or self-service salad bars can be another area at high-risk of cross contact.

Sample Social Media Posts

During #CeliacAwarenessMonth, learn more about risks, symptoms and diagnosis of this lifelong condition: sm.eatright.org/CeliacIntro #eatright

If you have a family member with celiac disease, gluten sensitivity or a food allergy, knowing how to keep foods separate when cooking at home is important. Use these foods safety guidelines to prevent cross-contact: sm.eatright.org/PreventCross #eatright #CeliacAwarenessMonth

People with celiac disease may experience symptoms such as diarrhea, constipation, abdominal pain, bloating, nausea and vomiting. Learn more about this condition during #CeliacAwarenessMonth: sm.eatright.org/CeliacGastro #eatright

Do you or a family member have celiac disease? When navigating the grocery store aisles, it’s crucial to avoid items with gluten. To build a nutritious, gluten-free grocery list, use these strategies: sm.eatright.org/GlutenFreeList #eatright #CeliacAwarenessMonth

Navigating food labels for hidden sources of wheat, rye and barley? This guide breaks down common processed foods and ingredients that may contain them — essential for those with gluten-related disorders: sm.eatright.org/WheatRyeBarley #eatright #CeliacAwarenessMonth

June

Key Dates in June 2025

1	National Cancer Survivors Day
1	World Milk Day
4	Global Running Day
4	National Cheese Day
5	<i>Day of Arafah</i>
5	World Environment Day
7	World Food Safety Day
8	<i>Pentecost</i>
8	World Oceans Day
8	Family Health & Fitness Day
10	FNCE® Registration Opens
10	National Iced Tea Day
11	National Corn on the Cob Day
12	International Falafel Day
15	Father's Day
17	Eat All Your Veggies Day
18	Autistic Pride Day
18	International Picnic Day
19	Juneteenth
19	World Sickle Cell Day
21	Global Day of Recognition of ALS/MND
21	National Smoothie Day
23	United Nations Public Service Day
30	World Social Media Day
11-13	<i>Shavuot</i>
6-7	<i>Eid al-Adha</i>
9-15	Men's Health Week
	Alzheimer's & Brain Awareness Month
	Cataract Awareness Month
	Men's Health Month
	Migraine and Headache Awareness Month
	National Dairy Month
	National Iced Tea Month
	National Soul Food Month
	Pride Month

Talking Points

Vegetables Are a Key Part of Nutrition for Men's Health (Men's Health Month/Week)

According to the Centers for Disease Control and Prevention (CDC), on average, men die six years earlier than women and are at increased risk for many chronic diseases. Fortunately, a healthy eating pattern that includes plenty of vegetables can help reduce the risk for many of these diseases.

www.eatright.org/food/food-groups/vegetables/vegetables-are-a-key-part-of-nutrition-for-mens-health

- Variety is key. Include vegetables that are dark green, red and orange and starchy, as well as beans and peas, throughout the week.
- To get the most nutrition out of your vegetables, leave edible skins on produce or trim as little as possible – just be sure to wash them first.
- Include vegetables in meals and snacks, and experiment with different ways to cook them such as grilling or steaming.
- Aim to include vegetables at most meals and snacks during the day. Adult men should consume 2½ to 4 cups of veggies daily, but many fall short of this amount.

Foodborne Illness and High-Risk Foods (World Food Safety Day)

Everyone is at risk for foodborne illness, or food poisoning, but some people are more vulnerable to its effects. That's why it's important to make wise food choices and always keep food safety in mind when handling food.

www.eatright.org/food/home-food-safety

- Some foods come with a greater risk of food poisoning, including raw or undercooked meat, fish and poultry; unpasteurized or raw milk and dairy products; and foods containing raw or undercooked eggs.
- When cooking foods, make sure to use a food thermometer to ensure high-risk foods have reached an appropriate internal temperature.
- Choosing lower-risk foods is only part of the equation. Remember to clean, separate, cook and chill foods properly to help reduce the risk of foodborne illness.

Sample Social Media Posts

Vegetables are important for any healthy eating pattern! During #MensHealthMonth, learn more about veggie recommendations for men: sm.eatright.org/VeggieMenHealth #eatright

June 7 is World Food Safety Day! Get a refresher on food safety practices to reduce the risk of food poisoning in your home: sm.eatright.org/FoodSafety #eatright

Don't miss your chance to attend #FNCE, the world's largest meeting of food and nutrition professionals and students! Register for this year's conference in Nashville, October 11-14: sm.eatright.org/FNCE25 #eatrightPRO

Did you know that nutrition can help boost brain health and overall wellness? Learn more during Alzheimer's & Brain Awareness Month: sm.eatright.org/BrainBody #eatright #EndALZ

June is #CataractAwarenessMonth. Ensure you're getting the nutrients you need to help prevent cataracts, glaucoma, macular degeneration and other vision problems. Learn more at: sm.eatright.org/EyeFoods #eatright



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Take your meal outside during National Great Outdoors Month!

No matter which outdoor activities you participate in during summertime, it's the perfect time to enjoy food outdoors. For example, if your clients and patients have a [camping or hiking](#) trip planned, encourage them to pack nutrient-rich snacks to bring along and plenty of water to stay hydrated. Remind them that it's crucial to [store and prepare food safely](#).

Summer also is a time when many people go to the [beach](#) or work in the [garden](#). When [exercising outdoors in hot weather](#), it's important to be mindful of the weather conditions and stay hydrated.

For cookouts, spring [tailgating](#) or any other time eating outdoors, be mindful of [food safety](#), as the risk of food poisoning increases in warm weather. For picnics, share [these food safety guidelines](#) for effectively storing and serving food.

If you have more food safety and nutrition tips for outdoor activities, share them on your social media profiles this month!

Sample Social Media Posts

Does your family enjoy hiking and camping? Before your next trip, review these food safety tips to have a happy, healthy experience: sm.eatright.org/HikingCamping #eatright #NationalGreatOutdoorsMonth

Regular physical activity is just as important to a healthy lifestyle as smart eating! Here are some tips to help your family move more throughout the day during #NationalGreatOutdoorsMonth and beyond: sm.eatright.org/FunFitness #eatright #kidseatright

Hosting a barbecue this summer? Always keep food safety in mind! Use these tips to avoid cross-contamination, a leading cause of food poisoning: sm.eatright.org/RulesGrill #eatright #NationalGreatOutdoorsMonth

June is #NationalGreatOutdoorsMonth! Before you plan your outdoor cookout this month, find out how to build a nutritious spread of lean proteins, tasty side dishes and seasonal fruits and vegetables: sm.eatright.org/TipsCookout #eatright

At least 60 minutes of physical activity a day helps older children and adolescents grow strong bones, build endurance and perform well in school. Here are some ways to incorporate more movement into your family's routine: sm.eatright.org/ActiveKids #eatright #kidseatright #NationalGreatOutdoorsMonth

Coming Soon:

July National Culinary Arts Month

August FNCE® 2025

September World Alzheimer's Month

Follow the Academy on social media!

For professional news and updates:



www.facebook.com/eatrightPRO



<https://x.com/eatrightPRO>



www.linkedin.com/company/eatrightpro



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www.youtube.com/user/EatRightPROtv



www.threads.net/@eatright_pro

For messaging to share with clients and consumers:



www.facebook.com/EatRightNutrition



<https://x.com/eatright>



www.youtube.com/user/EatRightTV



www.pinterest.com/kidseatright/



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.