



# Social Media Toolkit

January - March 2026



# January

## Key Dates in January 2026

|  |   |
|--|---|
| 1  | <b>Call for FNCE® 2026 Poster Session Abstracts opens</b> |
| 1  | New Year's Day  |
| 2  | National Swiss Cheese Day                                 |
| 4  | National Spaghetti Day                                    |
| 6  | National Bean Day   |
| 9  | National Apricot Day                                      |
| 11   | National Milk Day   |
| 12   | National Curried Chicken Day                              |
| 15   | National Bagel Day  |
| 19   | Martin Luther King Jr. Day                                |
| 19   | National Popcorn Day                                      |
| 20   | <b>Voting in the Academy National Election begins</b>     |
| 21   | National Granola Bar Day                                  |
| 24   | National Peanut Butter Day                                |
| 25   | National Fish Taco Day                                    |
| 27   | <b>Voting in the Academy National Election closes</b>     |
| Jan. 18–24: National Fresh Squeezed Juice Week |   |
| National Birth Defects Prevention Month        |   |
| National Glaucoma Awareness Month              |   |
| National Healthy Weight Awareness Month        |   |
| National Hot Tea Month                         |   |
| National Mentoring Month                       |   |
| National Oatmeal Month                         |   |
| National Slow Cooking Month                    |   |
| National Soup Month                            |   |
| Thyroid Awareness Month                        |   |

## Talking Points

### 10 Food Safety Tips for the Slow Cooker (National Slow Cooking Month)

Slow cookers make it easy to whip up a convenient meal with minimal mess and work. Keep these food safety tips in mind the next time you plan to slow-cook a meal:

- **Always defrost meat or poultry before putting it in the slow cooker.** This helps ensure your food cooks all the way through and reaches a safe internal temperature.
- **Make sure food fits.** The slow cooker should be half to two-thirds full to ensure your food cooks thoroughly. Don't overstuff it!
- **Pay attention to the temperature.** It is important to make sure your slow cooker reaches a bacteria-killing temperature. Use a food thermometer to confirm food has reached the proper internal temperature.
- **Keep the lid on.** It is important to retain heat when making a slow-cooker meal. Avoid taking off the lid as much as possible. Only remove the lid to stir or check for doneness.

### Thyroid Health 101: Understanding Diseases, Risk Factors and Nutrition (Thyroid Awareness Month)

The thyroid gland produces hormones that affect many body systems, from heartbeat to body temperature, and more. It can be a problem when the body produces too much or too little of the thyroid hormone. While medication is typically needed to help manage thyroid disease, consuming the recommended amount of the following minerals also is important in managing these conditions:

- **Iodine:** Many people get enough iodine from foods such as milk and dairy products, seafood (fish and shellfish) and eggs, but people who follow a vegan or vegetarian eating style may not consume enough iodine.
- **Selenium:** Brazil nuts are the richest natural source of selenium, but they can increase the risk for selenium toxicity if eaten regularly. Other rich sources include seafood, such as tuna, halibut, and shrimp; chicken; turkey; pork products; eggs; and brown rice.
- **Zinc:** Oysters are the richest source of zinc, but other good sources include beef and pork, pumpkin seeds and lentils. Eggs and dairy products such as milk and yogurt provide zinc but in lesser amounts.
- **Iron:** Iron is critical for proper thyroid function. Beans, lentils, tofu, oysters, beef liver, sardines and a medium baked potato are good sources of iron.

## Sample Social Media Posts

Slow cookers are a great way to whip up a delicious dish with minimal effort, but it's important to always follow proper food safety guidelines. Use these tips during National Slow Cooking Month: [sm.eatright.org/SlowCook](https://sm.eatright.org/SlowCook) #eatright

What does the thyroid do? How can you reduce your risk of thyroid disease? During #ThyroidAwarenessMonth, learn about the thyroid and what foods and nutrients you need to keep your thyroid healthy: [sm.eatright.org/ThyroidHealth](https://sm.eatright.org/ThyroidHealth) #eatright

January is the perfect time to prepare a warm bowl of soup! During #NationalSoupMonth, try this slow-cooked yellow pea soup, a hearty, meatless version of the Swedish ärtsoppa: [sm.eatright.org/YellowPeaSoup](https://sm.eatright.org/YellowPeaSoup) #eatright #NationalSlowCookingMonth

Are your New Year's resolutions related to nutrition or maintaining a healthy lifestyle? Learn how a registered dietitian nutritionist can help! [sm.eatright.org/SetGoals](https://sm.eatright.org/SetGoals) #eatright

Want to present your original research at #FNCE 2026 in San Antonio? Submit an abstract by February 16! Learn more and submit at [sm.eatright.org/AbstractCall](https://sm.eatright.org/AbstractCall) #eatrightPRO



# Election



**JANUARY 20-27, 2026**

## Academy National Election

Make your voice heard during the 2026 Academy National Election!

The [Academy National Election](#) will take place January 20-27. This year's available Board of Directors positions include President-elect, Treasurer-elect, House Speaker-elect, Director At Large, and House Director.

Other available positions include those that fall under the Nominating Committee and House of Delegates.

Before casting your vote, learn about this year's candidates. After voting, use your social media accounts to let your nutrition and dietetics peers know that you cast your ballot and encourage them to do the same using graphics and messaging in our social media toolkit (coming soon)! Be sure to review the [Academy's National Campaign rules](#), too.

Back by popular demand this year is Project Vote! This program is for DPGs, MIGs and Affiliates, encouraging members to participate in the Academy of Nutrition and Dietetics national election. Here's how it works:

- Groups are divided into eight different categories.
- In each category, the group with the highest voter turnout percentage will have one of its voters chosen as the winner, for a total of eight winners.
- Only members who voted in the winning groups will be entered into a random drawing conducted by the Academy.
- Winners will be selected to receive a complimentary membership for the 2026–2027 membership year!

## Sample Social Media Posts

Don't miss your chance to take part in the Academy of Nutrition and Dietetics 2026 National Election! You have from January 20-27 to cast your vote: [sm.eatright.org/election26](https://sm.eatright.org/election26) #eatrightPRO

The Academy's National Election is a chance for members to help shape the future of the profession by choosing our organization's next leaders. Get involved by reading the candidates' biographies and casting your votes between January 20-27: [sm.eatright.org/election26](https://sm.eatright.org/election26) #eatrightPRO

DPGs, MIGs and affiliates are challenged to increase member participation in the Academy's National Election! Take the lead while voicing your opinion for the future of our profession: [sm.eatright.org/election26](https://sm.eatright.org/election26) #eatrightPRO #dietetics

Want to help impact the future of the nutrition and dietetics profession? Participate in the Academy's 2026 National Election! Learn more and cast your vote: [sm.eatright.org/election26](https://sm.eatright.org/election26) #eatrightPRO #dietetics

# February

## Key Dates in February 2026

|   |  |
|---|--|
| 1   | <b>Membership renewal for 2026-2027 opens online</b>       |
| 4   | National Homemade Soup Day                                 |
| 4   | World Cancer Day   |
| 6   | National Wear Red Day (heart disease awareness)            |
| 8   | Super Bowl   |
| 9   | National Pizza Day   |
| 10  | <b>Foundation scholarship application opens</b>            |
| 11  | International Women and Girls in Science Day               |
| 14  | Valentine's Day  |
| 15  | <i>Maha Shivratri</i>                                      |
| 16  | <b>Call for FNCE® 2026 Poster Session Abstracts closes</b> |
| 16  | National Almond Day  |
| 16  | Presidents' Day  |
| 17  | Lunar New Year   |
| 18  | <i>Ash Wednesday</i>                                       |
| 26  | National Pistachio Day                                     |
| 27  | National Strawberry Day                                    |
| Feb. 1–7: African Heritage and Health Week              |  |
| Feb. 23–Mar. 1: National Eating Disorder Awareness Week |  |
| Feb. 17–Mar. 19: <i>Ramadan</i>                         |  |
| AMD/Low Vision Awareness Month                          |  |
| American Heart Month                                    |  |
| Black History Month                                     |  |
| National Canned Food Month                              |  |
| National Cherry Month                                   |  |
| National Children's Dental Health Month                 |  |
| National Grapefruit Month                               |  |

## Talking Points

### 25 Heart-Healthy Eating Tips

#### **(American Heart Month)**

Certain foods can manage or lower your risk of heart disease. Consider these tips for preparing heart-healthy meals.

- Choose unsaturated fats, including olive and canola oil, when cooking. Many heart-healthy oils also work great in homemade salad dressings.
- Include sources of omega-3 fatty acids throughout the week, such as fatty fish, walnuts and certain types of eggs.
- Make whole grains, fruits, vegetables, beans and lentils a key part of your meals to help you meet your fiber needs.
- Limit sources of saturated fat, including fats such as tallow, lard and butter.

### Understanding Eating Disorders

#### **(National Eating Disorder Awareness Week)**

According to the American Psychiatric Association, around 5% of the population suffers from an eating disorder. All forms of eating disorders can be fatal, and it is critical for anyone with symptoms of an eating disorder to seek professional help.

- Anyone may be affected. People of all sexes, genders, races, ethnicities, shapes and sizes can have an eating disorder.
- There are several types of eating disorders, but the three most-recognized eating disorders include anorexia nervosa, bulimia nervosa and binge eating disorder. A person's appearance is not a good indicator of whether they have an eating disorder or how severe it is.
- All eating disorders present serious risks to individuals who suffer from them, ranging from vitamin and mineral deficiencies to hormone changes and electrolyte imbalances.
- An RDN is an important member of the eating disorder treatment team, alongside doctors, nurses and therapists.

## Sample Social Media Posts

During #AmericanHeartMonth, use these cooking tips to prepare heart-healthy meals at home! [sm.eatright.org/HeartTips](https://sm.eatright.org/HeartTips) #eatright

Feb. 23–Mar. 1: If you or a loved one is struggling with an eating disorder, it's vital to seek professional help. Learn more about the types of eating disorders and common symptoms: [sm.eatright.org/UnderstandingED](https://sm.eatright.org/UnderstandingED) #eatright #NEDAwareness

Throughout February and all year long, learn about — and advocate for — access to health care for all, plus visit Black health, wellness and nutrition websites, and more: [sm.eatright.org/CelebratingBHM](https://sm.eatright.org/CelebratingBHM) #eatright #BlackHistoryMonth

Want to reduce your risk of cancer? A healthy lifestyle can make a difference! Get tips and guidance on the role nutrition can play in cancer prevention during #NationalCancerPreventionMonth: [sm.eatright.org/ReduceRisk](https://sm.eatright.org/ReduceRisk) #eatright

The nomination deadline for the Academy's National Honors and Awards is March 3! Take a few minutes to nominate a friend or colleague: [sm.eatright.org/AcademyAwards](https://sm.eatright.org/AcademyAwards) #eatrightPRO

# March

## Key Dates in March 2026

|  |  |
|--|--|
| 3  | <b>Deadline to submit National Honors and Awards nominations</b> |
| 4  | <i>Holi</i>  |
| 4  | World Obesity Day  |
| 7  | National Cereal Day  |
| 8  | International Women's Day  |
| 11   | <b>Registered Dietitian Nutritionist Day</b>                     |
| 12   | International School Meals Day                                   |
| 12   | <b>Nutrition and Dietetics Technician, Registered Day</b>        |
| 12   | World Kidney Day   |
| 17   | St. Patrick's Day  |
| 19   | <i>Eid al-Fitr</i>   |
| 20   | World Oral Health Day  |
| 22   | World Water Day  |
| 23   | National Tamale Day  |
| 24   | American Diabetes Association Alert Day®                         |
| 24   | Agriculture Day  |
| 26   | National Spinach Day   |
| 26   | Purple Day (epilepsy awareness)                                  |
| 30   | National Doctors' Day  |
| 31   | Transgender Day of Visibility                                    |
| Feb. 17–Mar. 19: <i>Ramadan</i>              |  |
| March 1–7: National Consumer Protection Week |  |
| March 2–3: <i>Purim</i>                      |  |
| March 2–6: Obesity Care Week                 |  |
| March 2–6: National School Breakfast Week    |  |
| March 16–22: Brain Awareness Week            |  |
| Developmental Disabilities Awareness Month   |  |
| National Colorectal Cancer Awareness Month   |  |
| National Kidney Month                        |  |
| National Noodle Month                        |  |
| <b>National Nutrition Month®</b>             |  |
| Women's History Month                        |  |

## Talking Points

### Navigating Colorectal Cancer: Risk Factors, Screening and Lifestyle Tips

#### **(National Colorectal Cancer Awareness Month)**

Colorectal cancer is the fourth most common type of cancer and the fourth highest cancer-related cause of death in the U.S., based on 2025 estimates. While no one can completely eliminate cancer risk, food and beverage choices can help reduce it.

- Focus on fiber-rich foods, such as fruits, vegetables, whole grains and beans.
- Limit your intake of red meat and avoid processed meats.
- Avoid consuming alcohol. Those who choose to drink should limit their intake to no more than two alcoholic beverages per day for men and one per day for women.
- Include regular physical activity in your day.

### What Makes a Healthful Drink of Water

#### **(World Water Day)**

Why are there so many types of bottled water and does this mean tap water isn't a good choice? There are a few things to keep in mind when navigating what type of water is best for you.

- Tap water comes from two sources: well water or a public water system. These can vary in mineral content, acidity (pH) level and fluoride and chlorine content. Older homes also may have lead pipes, which should be replaced when possible due to their health risks.
- Bottled water ranges from those with no minerals to electrolyte waters with a variety of minerals added. Sparkling water (available in cans and bottles) may contain carbonation naturally or added during bottling.
- The type of water you drink is mainly a personal preference. Tap water is the most budget-friendly option. Sparkling water can be a great choice in place of soda or other sweetened drinks. And electrolyte or mineral waters may be a calorie-free way to replace sweat lost after a workout.

## Sample Social Media Posts

Did you know that colorectal cancer is the fourth most common type of cancer in the U.S.? During Colorectal Cancer Awareness Month, learn how diet and other lifestyle factors can help reduce your risk: [sm.eatright.org/ColonCancer](https://sm.eatright.org/ColonCancer) #eatright

Mar. 22: With all the different types of bottled water on the shelves, how do you know what the best option is? Or is tap water fine? Get all your questions answered on #WorldWaterDay: [sm.eatright.org/WhichWater](https://sm.eatright.org/WhichWater) #eatright

People with kidney disease need to adjust their nutrition and lifestyle to live a longer, healthier life. During #NationalKidneyMonth, learn how a registered dietitian nutritionist can help: [sm.eatright.org/RDkidney](https://sm.eatright.org/RDkidney) #eatright #RDN

During #NationalNoodleMonth, try this easy beef pho recipe made with thin brown rice noodles: [sm.eatright.org/EasyPho](https://sm.eatright.org/EasyPho) #eatright

Registered dietitian nutritionists (RDNs) and nutrition and dietetics technicians, registered (NDTRs) can help people live healthier lives! Learn more about their important roles: [sm.eatright.org/RDDTR](https://sm.eatright.org/RDDTR) #eatright #NationalNutritionMonth



March is the start of [National Nutrition Month®](#), the perfect opportunity for nutrition and dietetics practitioners to champion evidence-based nutrition science and help people prioritize their health. This year's theme, "Discover the Power of Nutrition" – along with weekly key messages – provides a roadmap for sharing clear, reliable guidance in a time when disinformation and conflicting advice make it harder than ever for the public to know who to trust.

To help you get involved, the Academy is offering several campaign resources:

- Downloadable handouts, tip sheets, games and a PowerPoint presentation available in multiple languages (coming Feb. 2026!)
- Social media graphics and sample messaging to share on your social accounts (coming Jan. 2026!)
- Articles and videos with detailed information for patients and clients
- A full [catalog](#) of fun and practical products to celebrate in style

Be sure to mark your calendar for two key dates in March, too:

- Wednesday, March 11 is [Registered Dietitian Nutritionist Day](#)
- Thursday, March 12 is [Nutrition and Dietetics Technician, Registered Day](#)

Choose from more than a dozen ideas on how to recognize RDNs and NDTRs — or come up with your own unique way to raise awareness of how these vital health care heroes help people enjoy healthier lives.

Together, we can empower people to make informed food choices and prioritize nutrition as part of their overall well-being. Join the Academy in spreading the word throughout March using the hashtag #NationalNutritionMonth on social media.

## Sample Social Media Posts

Happy #NationalNutritionMonth! Throughout March and beyond, discover the power of nutrition to fuel your day today and into the future. Learn more: [sm.eatright.org/NNM26](#) #eatright

Eating well doesn't have to break the bank! Discover tips for healthy meals on a budget and find resources in your community: [sm.eatright.org/BudgetTips](#) #eatright #NationalNutritionMonth

Low on time or energy for breakfast? Power up with these tips for a quick and nutritious breakfast and get ready to conquer your day like a champ: [sm.eatright.org/PowerUp](#) #eatright #NationalNutritionMonth

Skip the fads—get facts! Registered dietitian nutritionists provide expert, science-backed guidance tailored to YOU. Find an expert during #NationalNutritionMonth: [sm.eatright.org/FindNutritionExpert](#) #eatright

Every hero needs a sidekick! Team up with registered dietitian nutritionists and nutrition and dietetics technicians, registered for personalized, science-powered nutrition guidance: [sm.eatright.org/ReasonsToSeeRDN](#) #eatright #NationalNutritionMonth

# Follow the Academy on social media!

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