



Social Media Toolkit

April - June 2026



April

Key Dates in April 2026

2	Academy Foundation scholarship deadline
2	World Autism Awareness Day
3	<i>Good Friday</i>
5	<i>Easter</i>
4	International Carrot Day
7	World Health Day
8	National Empanada Day
11	National Clean Up Your Pantry Day
14	National Pecan Day
19	<i>Akshaya Tritiya</i>
19	National Garlic Day
22	Earth Day
23	National Picnic Day
26	National Pretzel Day
29	<i>Eid al-Fitr</i>
29	Stop Food Waste Day
30	National Raisin Day
1-9	<i>Passover</i>
2-5	<i>Buddhist New Year, Theravada tradition</i>
6-12	National Public Health Week
13-14	<i>Yom HaShoah</i>
11-17	Black Maternal Health Week
19-25	National Infertility Awareness Week
20-24	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 Garden Month
	National Minority Health Month
	National Preceptor Month
	National Soy Foods Month
	National Stress Awareness Month
	Parkinson's Disease Awareness Month

Talking Points

How to Prevent 7 Picnic Food Safety Mistakes (*National Picnic Day*)

Spring and summer are prime picnic season, offering a chance to enjoy your favorite foods in the great outdoors. Reduce your odds of foodborne illness by following these picnic food safety tips.

- **Wash your hands.** Hand hygiene plays a huge role in reducing the risk of foodborne illness. Bring hand sanitizer in case there is no running water at your picnic site and use it before preparing, serving or eating food.
- **Pack your cooler with plenty of ice.** Reserve about one quarter of your cooler's space for ice or icepacks to help keep your food at the appropriate temperature. You also can chill or freeze foods and beverages before packing them in your cooler.
- **Don't let food sit out.** Bacteria can double in number every 20 minutes when perishable foods are left out in the temperature danger zone (between 40°F and 140°F). Don't let food sit out for more than two hours, or one hour if the temperature outside is 90°F or higher.
- **Pack a food thermometer.** If you plan on cooking food at your destination, don't forget to pack a food thermometer. Foods that need to be cooked must reach certain temperatures to control harmful bacteria. For example, hamburgers should be cooked to a minimum internal temperature of 160°F. Chicken breasts and legs must be cooked to 165°F.

What is the Low-FODMAP Diet? (*Irritable Bowel Syndrome Awareness Month*)

Originally developed to help manage the symptoms of irritable bowel syndrome (IBS), the low-FODMAP diet is used to identify foods that may cause flare-ups. The low-FODMAP diet is intended to be a short-term eating plan, and working with a registered dietitian nutritionist is important throughout the process.

- FODMAP is an acronym for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols.
- FODMAPs are found in a variety of very nutritious foods, including certain fruits, vegetables and dairy products. However, some people may be sensitive to foods with higher amounts of these carbohydrates.
- The low-FODMAP diet consists of two phases: avoidance of high-FODMAP foods, followed by a period of reintroduction. Both phases are important to identify which foods an individual may be sensitive to and in what amounts, as some foods may be tolerated in small portions.
- Before starting a low-FODMAP diet, it's important to consult a medical professional to rule out celiac disease, cancer and food allergies or intolerance.

Sample Social Media Posts

Hosting a picnic? Before heading outdoors, review these food safety guidelines to keep you and your guests safe! sm.eatright.org/7picnic #eatright #NationalPicnicMonth

Did you know April is Irritable Bowel Syndrome Awareness Month? Take time to learn how a low-FODMAP diet can help, along with seeing a registered dietitian nutritionist: sm.eatright.org/lowFOD #eatright #IBSAwarenessMonth

With the days getting longer and the temperature rising, spring is the perfect time to get outside and be active! Use these ideas during #MoveMoreMonth: sm.eatright.org/SpringInto #eatright

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

April is #NationalSoyfoodsMonth! Celebrate by preparing this lemongrass chili tofu #recipe: sm.eatright.org/LemongrassChili #eatright



Celebrate National Preceptor Month!

Since 2013, the Academy has celebrated [National Preceptor Month](#) in April. [Preceptors](#) mentor and train students studying to become registered dietitian nutritionists and nutrition and dietetics technicians, registered. Celebrate by thanking a preceptor, accessing preceptor resources or becoming one!

Thank a preceptor who has made a difference in your professional life. [Share your preceptor story](#) online. You can also check out [what students and programs are doing to thank their preceptors](#).

Nutrition and Dietetic Educators and Preceptors (NDEP), an organizational unit within the Academy of Nutrition and Dietetics, provides numerous [resources for preceptors](#). The Accreditation Council for Education in Nutrition and Dietetics (ACEND) also offers [a free training program](#).

The best way to celebrate the preceptor program is to [become one or encourage colleagues to do so!](#) After signing up, you'll be added to an [online database](#) for students and program directors to search by specialty or geographical area. In addition, [preceptors may record a total of 15 CPEUs per five-year cycle](#) for precepting or leadership on their activity log.

Sample Social Media Posts

During #PreceptorMonth celebrate preceptors who have made a positive impact on your education. Submit your story online: sm.eatright.org/PreceptorStories #eatrightPRO

Preceptors are vital to the next generation of nutrition and dietetics professionals. Celebrate them and learn more about becoming a preceptor: sm.eatright.org/BecomeAPrecep #eatrightPRO #PreceptorMonth

Are you a preceptor looking for webinars, training programs and other resources? Check out this handy list from Nutrition and Dietetics Educators and Preceptors: sm.eatright.org/PreceptorResources #eatrightPRO #PreceptorMonth

Recognize the exceptional mentorship and leadership of your preceptor. To learn more about the Outstanding Preceptor Award, funded by the Academy Foundation, visit sm.eatright.org/PrecepAward #eatrightPRO #PreceptorMonth

Looking for a preceptor? Check out the online database and search by zip code, practice area and more: sm.eatright.org/PrecepDatabase #eatrightPRO #PreceptorMonth

May

Key Dates in May 2026

1 Call for late-breaking FNCE® abstracts opens

1 Vesak Day

2 World Tuna Day

5 World Hand Hygiene Day

7 National Bike to School Day

8 World Ovarian Cancer Awareness Day

10 Mother's Day

10 National Shrimp Day

13 International Hummus Day

14 Ascension Day

15 International Day of Families

17 World Hypertension Day

25 Memorial Day

27 National Senior Health & Fitness Day

28 World Hunger Day

31 Deadline to renew Academy membership

10-16 Food Allergy Awareness Week

10-16 National Women's Health Week

26-27 Eid al-Adha

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

Family Meals: Small Investment, Big Payoff (International Day of Families)

Gathering around the table to eat as a family has all kinds of benefits. Family meals give parents the opportunity to model healthy eating behaviors and create a supportive environment for their children.

Here are some tips to help you include more family meals throughout the week:

- Build a small collection of go-to recipes to help you get in and out of the kitchen in under 30 minutes.
- Make it a routine by setting a specific time everyone can look forward to.
- Get kids and teenagers involved by assigning them age-appropriate tasks — like setting the table, mixing or stirring ingredients and helping to create the menu.
- If you're new to family meals in your household, start by eating at least one meal together each week. If busy schedules are a challenge, remember, family meals don't have to mean dinner. Breakfast and lunch are great times to eat together as a family.

Food Allergies and Intolerances (Food Allergy Awareness Week)

Millions of Americans have allergic reactions to food every year. These reactions can range from mild (such as a runny nose or itchy eyes) to severe — and can even be life-threatening. Here are some important things to know, whether navigating your own food allergy or those of others:

- While more than 170 foods are known to cause food allergies, nine foods account for most reactions among Americans. These include peanuts, tree nuts, sesame, fish, shellfish, dairy, wheat, eggs and soy.
- People with food allergies need to avoid foods that make them sick. For many individuals, even a small amount can cause a serious or life-threatening reaction.
- Cross-contact occurs when a "safe" food is prepared with the same utensils or on the same surface where an allergenic food has been prepared. If the utensils haven't been cleaned between use, allergens can be transferred and make people sick.
- Manufacturers can change the ingredients of products without notice. This makes it important to double-check ingredient lists every time you buy a food or beverage, even if it is a familiar one.

Sample Social Media Posts

May 15: There are many benefits to eating meals as a family! Try these tips to make family meals happen more often in your home in celebration of International Day of Families: sm.eatright.org/FamMeal #eatright

Did you know millions of Americans have allergic reactions to food every year? If you have a food allergy, follow these important tips: sm.eatright.org/AllerIntol #eatright #FoodAllergyAwarenessWeek

Fire up the grill during #NationalBarbecueMonth! Whether you're a grilling pro or just getting started, check out these tips for a healthy and safe cookout: sm.eatright.org/FireUpBB #eatright

Incorporating resistance training into a regular exercise routine is crucial for maintaining healthy muscles and bones. Find out why and get a few tips during #NationalOsteoporosisMonth: sm.eatright.org/PreventLoss #eatright

During National High Blood Pressure Education Month, take time to prepare nutritious, heart healthy meals for yourself and your family! Here are some ideas: sm.eatright.org/HHfoods #eatrightPRO



Continue Your Academy Membership: Renew by May 31!

When you're an [Academy of Nutrition and Dietetics' member](#), 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:

- Access to the local affiliate of your choice which provides local events, resources and advocacy updates
- Free live [Academy webinars](#) (many with CPE)
- Access to the [Journal of the Academy of Nutrition and Dietetics](#) (plus CPE)
- Dietetic resources in various practice areas including: Chronic Diseases, Public Health, Food Security, Foodservice and more
- Payment resources for navigating private insurance, Medicare, Medicaid, HIPAA, and Coding and Billing
- Tip sheets and handouts for clients
- Complimentary 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
- Ability to join Dietetic Practice Groups and Member Interest Groups

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!

The Academy offers flexible payment options and also reduced dues if you're within the first five years of Academy membership eligibility through 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.

[Learn more](#) about 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/PRObenefits #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/PRObenefits

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/PRObenefits #eatrightPRO

June

Key Dates in June 2026

1	World Milk Day
3	Global Running Day
4	National Cheese Day
5	World Environment Day
7	National Cancer Survivors Day
7	World Food Safety Day
8	World Oceans Day
10	FNCE® Registration Opens
10	National Iced Tea Day
11	National Corn on the Cob Day
12	International Falafel Day
13	Family Health & Fitness Day
17	Eat All Your Veggies Day
18	Autistic Pride Day
18	International Picnic Day
19	Juneteenth
19	World Sickle Cell Day
21	Father's Day
21	Global Day of Recognition of ALS/MND
21	National Smoothie Day
23	United Nations Public Service Day
24	<i>Pentecost</i>
26	<i>Day of Arafah</i>
30	World Social Media Day
14-20	Men's Health Week
21-23	<i>Shavuot</i>
	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

What is a Sustainable Food System **(World Environment Day)**

Climate change impacts the health of people and the environment alike. To minimize the impact and feed a growing population, sustainability practices are becoming increasingly important in the food system.

- A "food system" is a broad term that describes anything involved in the production, distribution and consumption of food.
- The sustainability of a food system impacts everyone. A "sustainable food system" provides nutrition and food security for everyone without compromising the well-being of people or the planet.
- A variety of economic, social and environmental impacts must be considered when developing a sustainable food system. For example, animal well-being practices have social and environmental benefits but may require additional costs or labor which can affect food prices.
- While individual efforts like recycling and reducing food waste are important, larger changes in food production and distribution, as well as policies and infrastructure, are needed to make lasting change.

Is Raw Milk Healthy **(National Dairy Month)**

Raw milk refers to unpasteurized milk, and most often, this refers to cow's milk. Raw milk advocates suggest parents should pour glasses of raw milk for their children, but what does the science say?

- Regardless of hygienic practices on dairy farms, raw milk is not safe to drink because it can still contain harmful germs and cause serious health problems.
- Pasteurization is the process of heating milk for a specified, short period of time. It began in the early 20th century and does not negatively affect the nutritional quality of milk.
- Major health organizations including the Food and Drug Administration, Centers for Disease Control and Prevention, and the American Academy of Pediatrics recommend that adults, and especially children, should not drink raw milk because it can contain disease-causing bacteria.
- Since 1987, there have been at least 143 reported outbreaks of illness related to raw milk, causing more than 2,600 people to become ill — some involving miscarriages, still births, kidney failure and deaths.

Sample Social Media Posts

June 5: Can you define what a sustainable food system is? Celebrate World Environment Day today by learning how the sustainability of a food system impacts people and the environment, and how you can help: sm.eatright.org/SustainableFood #eatright

You've probably heard the term "raw milk" a lot recently – everywhere from social media to the news to conversations with friends and family. What is raw milk, and is it healthy? Get the facts from a registered dietitian: sm.eatright.org/IsRawMilkHealthy #eatright #NationalDairyMonth

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/TipsHealthyCookout #eatright

Did you know there are possible brain-supporting benefits associated with eating fish? Learn more during Alzheimer's & Brain Awareness Month: sm.eatright.org/BrainHealthandFish #eatright #ENDALZ

Celebrate #MensHealthMonth by making nutrition and physical activity choices that support a healthy heart: sm.eatright.org/MenHHTips #eatright

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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.