



Social Media Toolkit

July - September 2026



Key Dates in July 2026

3	National Eat Your Beans Day
4	Independence Day
4	National Caesar Salad Day
6	National Hand Roll Day
7	World Chocolate Day
8	National Blueberry Day
13	Gastrointestinal Stromal Tumors Awareness Day
14	National Mac and Cheese Day
19	National Ice Cream Day
22	National Mango Day
26	Americans with Disabilities Act Day
26	World Tofu Day
28	World Hepatitis Day
30	Gastroschisis Awareness Day
31	National Avocado Day
Disability Pride Month	
Juvenile Arthritis Awareness Month	
National Bison Month	
National Blueberry Month	
National Cleft and Craniofacial Awareness and Prevention Month	
National Culinary Arts Month	
National Grilling Month	
National Minority Mental Health Awareness Month	
National Picnic Month	
National Watermelon Month	
Park and Recreation Month	
Sarcoma Awareness Month	
UV Safety Month	

Talking Points

[Navigating the Kitchen for People with Physical Disabilities](#)

(Disability Pride Month & National Culinary Arts Month)

More than 1 in 4 adults in the U.S. are living with a disability, and for them, preparing foods at home is not always a simple task. These tips can help individuals with disabilities access and use the kitchen more easily.

- When planning meals, consider if there is accessible transportation to shop for food or if grocery delivery services are available and within budget. Also consider the complexity of recipes and access to kitchen equipment.
- Many kitchen gadgets can help make meal preparation easier. These include electric can openers, vegetable choppers and cooking utensils with thicker handles that are easier to grip.
- Remember kitchen safety practices when cooking. Use a stable surface for food preparation and be cautious when moving hot dishes, pots or pans.

[The Rules of Separation at the Grill](#)

(National Grilling Month)

Ovens across America are turning off and grills are firing up! Make sure your food safety skills travel outside with you this summer with the following tips:

- **Always start with a clean grill.** Removing charred food debris from the grill reduces exposure to bacteria.
- **Use separate plates and utensils when working with raw and cooked foods.** Do not put cooked foods back on plates that originally held raw foods. Juices from raw meat may contain harmful bacteria that can make you sick. This also applies to tongs, spatulas and other utensils.
- **Marinate mindfully.** Always boil any leftover marinade, before reusing it — or better yet — before you start cooking, set aside some extra marinade to use on foods after they've been prepared.

Sample Social Media Posts

An accessible kitchen can make healthful eating easier and safer. During #DisabilityPrideMonth, learn practical tips for navigating the kitchen with a physical disability: sm.eatright.org/KitchenNavigation #eatright #NationalCulinaryArtsMonth

When grilling, cross-contamination tops the list of food safety concerns. Luckily, you can prevent it by following these five strategies: sm.eatright.org/SeparateRules #eatright #NationalGrillingMonth

Celebrate both #NationalGrillingMonth and #NationalWatermelonMonth with this colorful grilled shrimp and melon salad! Get the light and refreshing recipe: sm.eatright.org/ShrimpMelon #eatright

Can you talk the talk in the kitchen? Read through this list of culinary lingo for a greater understanding of different cooking techniques: sm.eatright.org/KitchenLingo #eatright #NationalCulinaryArtsMonth

During the warmer summer months, you may not want to use your stove as often. Luckily, there are plenty of other ways to prepare nutritious meals! sm.eatright.org/StovelessMeals #eatright

August

Key Dates in August 2026

1	National Mustard Day
1	World Lung Cancer Day
3	National Watermelon Day
5	National Oyster Day
8	National Zucchini Day
12	International Youth Day
15	National Relaxation Day
18	National Fajita Day
19	National Potato Day
19	World Humanitarian Day
21	National Senior Citizens Day
24	National Waffle Day
29	National More Herbs, Less Salt Day
31	National Trail Mix Day
1-7	World Breastfeeding Week
2-8	National Farmers Market Week
2-8	National Health Center Week
	Children's Eye Health and Safety Month
	Digestive Tract Paralysis Awareness Month
	National Breastfeeding Month
	National Immunization Awareness Month
	National Peach Month
	National Sandwich Month
	Psoriasis Action Month
	Summer Sun Safety Month

Talking Points

Summer Squash: Stuff It, Bake It, Grill It **(National Zucchini Day)**

Zucchini, patty pans and yellow crooknecks, are some of the delicious types of summer squash that are now in season. One cup of summer squash provides vitamin C, potassium and dietary fiber. Here are some creative ways to include this vegetable on your home menu:

- Mix grated summer squash into pancake, muffin, bread and cake batter before baking.
- Stuff summer squash with beans and lentils or use it as a boat for any baked side dish.
- Cut summer squash into long strips, marinate and grill it.
- Or, eat it raw on salads or dipped into hummus.

Breastfeeding Basics for Healthy Babies **(National Breastfeeding Month)**

While breastfeeding is a natural way to feed a baby, new moms need information and support to be successful. Here are some steps to set you up for breastfeeding success.

- Before your baby arrives, take a breastfeeding class. Many hospitals, pediatric offices and community clinics offer breastfeeding classes to help new moms prepare and learn what to expect.
- If possible, have your baby room-in during your stay at the birthing hospital, rather than staying in a nursery. This makes it easier to nurse on demand. And don't be afraid to ask to speak to a lactation consultant about any questions or concerns you may have.
- Find time to take care of yourself. Breastfeeding moms need plenty of nutrient-rich foods and fluids to produce milk.
- Don't underestimate the power of support. The knowledge, practice and support of family, friends and even coworkers and employers can go a long way in achieving breastfeeding success.

Sample Social Media Posts

Aug. 8: When it comes to summer squash, you can stuff it, bake it, steam it, roast it or grill it... or even eat it raw on salads or dipped in hummus! Check out all the options on #NationalZucchiniDay: sm.eatright.org/StuffBakeGrill #eatright

Breastfeeding offers many benefits to babies and new moms. To set yourself up for success before your baby arrives and during the first year, use these tips: sm.eatright.org/BreastfeedingTips #eatright #kidseatright #NationalBreastfeedingMonth

Celebrate #NationalSandwichMonth with this savory mahi-mahi and egg breakfast sandwich! It's packed with flavor and protein so you can start your day strong: sm.eatright.org/MahiSandwich #eatright

During summer, proper hydration is especially important! Learn how much water your body needs each day: sm.eatright.org/WaterAmount #eatright

If you or your family members follow a vegetarian or vegan eating plan, there are plenty of ways to prepare meatless main dishes, sides and desserts for your summer cookout! Try these delicious ideas: sm.eatright.org/VegGrillingIdeas #eatright



2026 Food & Nutrition Conference & Expo®

Join us at [FNCE® 2026](#) in San Antonio this October 24-27! This is a great opportunity to connect with fellow nutrition and dietetics peers while learning about the latest research, breakthroughs and updates from top experts in the field.

Who should attend? FNCE® is a must for RDNs, NDTRs, dietetic interns and students, nutrition science researchers, as well as policymakers, health care providers and industry leaders.

During this annual event, attendees can choose from a variety of educational opportunities ranging from short Learning Lounge talks on hot topics and practice insights to longer [educational sessions](#) on cutting-edge topics to [hands-on workshops](#) and [offsite excursions](#)! Earn CPEUs in practice areas including aging and long-term care, behavioral and mental health, culinary nutrition and food trends, technology and innovation... plus much more! [Poster sessions](#) kick off on Sunday, October 25 and run through Tuesday, October 27, diving into emerging, never-before-seen research with opportunities to connect with authors.

Along with educational and career advancement opportunities, FNCE® is a great time to network, connect with friends and attend fun events, including the [Welcome Party](#) following Opening Session! Review the program to get more details about this year's [FNCE® events](#) and Expo activities. Additionally, you can support the Academy Foundation by participating in the [Foundation Anytime 5K](#), picking up a FNCE®-exclusive, limited-edition crewneck sweatshirt when you register for FNCE® or at the Foundation booth, and petting puppies at the popular Puppy Corral! Participation in [these Foundation events](#) helps support the programs that strengthen the profession and the communities dietitians serve. Because the Foundation is funded solely through donations and does not receive any portion of Academy member dues, your support at FNCE® helps make this work possible.

For those interested in attending but needing financial assistance from their employer, there's [a toolkit available](#) with four simple steps, talking points and a link to our FNCE® Cost Calculator to help with budgeting and estimating your trip's cost. Use this information and downloadable email template and flyer to help gain your employer's support to attend FNCE®. If you're in need of financial support, the Academy Foundation offers [student and practitioner stipends](#) to help offset the cost of attendance.

Promote FNCE® online with our [Social Media Toolkit](#)! Sample messaging, shareable graphics and header photos can be downloaded or posted directly to your social media channels. Be sure to use the official hashtag **#FNCE** to join the conversation and help spread the word about this incredible conference and all it has to offer!

Sample Social Media Posts

Early pricing for #FNCE 2026 in San Antonio ends September 2! Will you be there? Register today and save: sm.eatright.org/FNCE26reg

Have you planned your trip to San Antonio for #FNCE this fall? Check out the registration rates, housing and travel options, and more: sm.eatright.org/FNCE26info #eatrightPRO

Help your employer understand the many benefits of sending you to the 2026 Food & Nutrition Conference & Expo! Use these simple steps to demonstrate the value of #FNCE not only for you, but also for your company: sm.eatright.org/FNCE26support #eatrightPRO

Did you know the #eatrightPRO Foundation hosts several events at #FNCE? Learn about their virtual 5K, booth activities and more ways to support the only charitable organization devoted exclusively to supporting nutrition and dietetics professionals: sm.eatright.org/FND26events

September

Key Dates in September 2026

1	Foundation Grants & Award Applications Open
2	Deadline for FNCE® early registration
2	World Coconut Day
4	FNCE® Student Stipend Applications Due
4	National Macadamia Nut Day
4	National Food Bank Day
7	Labor Day
13	International Chocolate Day
13	National Celiac Disease Awareness Day
13	National Peanut Day
16	National Guacamole Day
18	National HIV/AIDS and Aging Awareness Day
21	World Alzheimer's Day
24	National Women's Health and Fitness Day
25	National Cooking Day
25	World Lung Day
26	National Dumpling Day
29	World Heart Day
30	National Women's Health and Fitness Day
14-18	ASPEN Malnutrition Awareness Week™
Sept. 15-Oct. 15	National Hispanic Heritage Month
	Healthy Aging Month
	National Childhood Obesity Awareness Month
	National Cholesterol Education Month
	National Food Safety Education Month
	National Fruits and Veggies Month
	National Rice Month
	Ovarian Cancer Awareness Month
	Prostate Cancer Awareness Month
	Thyroid Cancer Awareness Month
	Whole Grains Month
	World Alzheimer's Month

Talking Points

Coconut Is No Longer a Tree Nut Allergen (World Coconut Day)

In 2025, the U.S. Food and Drug Administration (FDA) released updated guidance regarding food allergen labeling. These updates include changes to foods classified as tree nuts. Here's what individuals with food allergies need to know about these changes:

- The nine most common food allergens in the United States include: milk, wheat, soybean, eggs, fish, shellfish, peanuts, tree nuts and sesame. When present, these foods must appear on the ingredient list as well as in a "contains" statement.
- This updated guidance no longer places coconut, chestnut, shea nut and nine other nuts in the "tree nut" category.
- Coconut allergy could be prevalent in about 1 in 260 Americans, although less than half of these individuals have a confirmed diagnosis. Individuals with coconut allergy should continue to read ingredient lists to monitor for products that contain coconut.

Healthy Lifestyles for Healthy Older Adults (Healthy Aging Month)

You are never too old to enjoy the benefits of improved nutrition and fitness. In fact, as we get older, our food and activity choices are as important as ever to our health.

- As we age, we need fewer total calories, but higher amounts of certain nutrients, especially calcium and vitamin D. For a healthy eating plan, choose a variety of foods from all the food groups regularly.
- The golden years are not the time for fad diets or drastic weight loss. Aim for keeping a stable weight. If you have concerns about your weight, speak with a registered dietitian nutritionist to determine the best plan for you.
- Protein-rich foods can be expensive. And for some older adults, they may be hard to chew. Options like beans, nut butters, tofu, eggs and dairy products can help meet protein needs.

Sample Social Media Posts

Sept. 2: DYK? Coconut allergy could be prevalent in about 1 in 260 Americans. On #WorldCoconutDay, find out what individuals with coconut allergy can do, and how the classification of this allergen has changed: sm.eatright.org/CoconutAllergen #eatright

As people age, making smart food and lifestyle choices becomes especially important for good health. In celebration of #HealthyAgingMonth, here are some key nutrition tips for older adults: sm.eatright.org/HealthyOlderAdults #eatright

Make whole grains a delicious and nutritious part of your family's eating plan! Learn how to identify whole-grain foods and serve them in a kid-friendly way: sm.eatright.org/WhatsaWholeGrain #eatright #kidseatright #WholeGrainsMonth

To reduce the risk of food poisoning in your home, always take food safety precautions when you shop, store, cook and transport foods. Follow these 4 simple steps during National Food Safety Education Month and beyond: sm.eatright.org/4FoodSteps #eatright

During #WorldAlzheimersMonth, discover what foods and nutrients you should focus on to take care of your brain as well as your body: sm.eatright.org/FeedBodyBrain #eatright

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