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Academy of Nutrition and Dietetics

Social Media Toolkit

October - December 2026



October

Key Dates in October 2026

1	World Vegetarian Day
5	Child Health Day
6	National Noodle Day
6	National Taco Day
9	World Egg Day
10	World Mental Health Day
12	Indigenous Peoples' Day
15	National Mushroom Day
16	World Food Day
20	*Dussehra*
22	National Nut Day
25	World Pasta Day
29	National Oatmeal Day
31	Halloween
4-10	Mental Illness Awareness Week
12-16	National School Lunch Week
12-20	Bone and Joint Action Week
24-27	**Food & Nutrition Conference & Expo®**
Down Syndrome Awareness Month	
Global Diversity Awareness Month	
Health Literacy Month	
National Apple Month	
National Breast Cancer Awareness Month	
National Dental Hygiene Month	
National Liver Awareness Month	
National Pasta Month	
National Seafood Month	
Sudden Cardiac Arrest Awareness Month	
Vegetarian Awareness Month	

Talking Points

Tips for a Healthy Halloween Party
(Halloween)

Halloween is a fun day full of costumes, imagination and, of course, candy. Here are some tips to make your at-home party fun and healthy.

- Remember, Halloween is just one day a year. Instead of making candy and sweet treats off-limits, serve healthy snacks first to help kids fill up on nutritious options. Rather than having sweets available buffet-style, provide each child with small portions of special sweet treats.
- Include fruits, vegetables, and whole grains at your party. Ideas might include apple slices with cinnamon yogurt dip, pumpkin bars made with whole-wheat flour, along with orange vegetables such as carrots and roasted sweet potatoes.
- Activities and games are a great way to celebrate while shifting the focus away from food. Try a relay race, dance party or game of tag to get kids moving and having fun!

Dive Into Aquaculture: A Sustainable Seafood System
(National Seafood Month)

When you think about farms, you likely picture those with animals and plants on soil. Aquaculture is a different type of farming that includes both underwater plants and animals.

- Two well-known types of aquaculture include hydroponics and aquaponics. Hydroponics is the process of farming or gardening plants in water. Aquaponics is the process of growing fish and plants together in the water without soil.
- Farm-raised fish and shellfish grown in the United States are held to high standards to ensure safety. The U.S. Food and Drug Administration has established several processes to oversee its safety alongside the U.S. Department of Agriculture's Animal and Plant Health Inspection Service.
- Aquaculture can increase accessibility and affordability of seafood for consumers. It also can help reduce the strain on fish in the wild, decreasing the risk for overfishing.

Sample Social Media Posts

October 4 – 10: When stress hits, many of us turn to comfort foods. But did you know your body's fight or flight response can impact more than just your mood? Learn how balanced nutrition and regular physical activity can help you manage stress better. #eatright #MentalIllnessAwarenessWeek sm.eatright.org/ManagingStress

October 9: Free-range, cage-free, organic — what do these egg labels actually mean? Understanding USDA definitions can help you navigate the egg aisle with confidence. Get the facts and choose what's right for you! #eatright #WorldEggDay sm.eatright.org/eggs

Halloween is the perfect time to talk with your kids about mindful eating! Discuss what it feels like to savor treats and how they might feel if they eat too much candy at once. Want more tips for a healthier #Halloween? A registered dietitian can help! #kidseatright sm.eatright.org/enjoyhalloween

Nuts, beans, tofu, tempeh — these plant-based foods are nutrition powerhouses for growing kids! Vegetarian children can meet all their nutritional needs when meals are planned thoughtfully. A registered dietitian can provide expert advice on building balanced, plant-based meals your whole family will love! #kidseatright #VegetarianAwarenessMonth sm.eatright.org/PlantProtein

Celebrate #WorldPastaDay with this easy and nutritious Warm Tuscan Pasta Salad! Whole-grain pasta, artichoke hearts, sun-dried tomatoes, and arugula come together for a delicious side dish that's ready in just 20 minutes. #eatright sm.eatright.org/TuscanSalad



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Academy of Nutrition and Dietetics Foundation

Support the Academy Foundation during the holiday season.

As the year comes to a close, consider making a gift that helps shape what comes next for nutrition and dietetics.

For more than 60 years, the Academy of Nutrition and Dietetics Foundation has invested in the people and ideas moving our profession forward. Today, the need is just as great, and the opportunity is even bigger.

Your annual support gives the Foundation the flexibility to invest where it can make the greatest difference.

Through the Annual Sustaining Fund Society, your unrestricted gift helps power the Foundation's ability to respond to emerging needs, open doors for future leaders, advance research and innovation, and strengthen the profession for generations to come. Whether supporting a student pursuing their first credential, a professional advancing their expertise, or an idea that could shape the future of nutrition and dietetics, your generosity helps make that impact possible.

You don't have to know what tomorrow will require. Your annual gift helps ensure the Foundation is ready to meet it.

When you give each year, you become part of a growing community of donors who believe in the future of our profession and choose to invest in it. Every gift matters. Every year of support builds greater capacity to help the people, ideas and opportunities that matter most.

As you consider your year-end giving, make the Foundation part of your tradition.



November

Key Dates in November 2026

1	**Nominations for National Honors and Awards open**
1	World Vegan Day
3	National Sandwich Day
6	National Nachos Day
8	*Diwali*
9	National Greek Yogurt Day
14	World Diabetes Day
16	**FNCE® 2027 Call for Sessions and Workshops closes (5 p.m. Central time)**
18	National Apple Cider Day
20	World Children's Day
23	National Eat a Cranberry Day
26	Thanksgiving
16-22	Gastroesophageal Reflux Disease (GERD) Awareness Week
Diabetic Eye Disease Month	
Lung Cancer Awareness Month	
National Alzheimer's Disease Awareness Month	
National Diabetes Month	
National Epilepsy Awareness Month	
National Family Caregivers Month	
Native American Heritage Month	
World Vegan Month	

Talking Points

Gastroesophageal Reflux
(Gastroesophageal Reflux Disease [GERD] Awareness Week)

Gastroesophageal Reflux Disease, commonly known as GERD, is a digestive disorder in which stomach acids, food, and fluids flow back into the esophagus. If left untreated, GERD can increase your risk for esophageal cancer, so it's important to know the symptoms of this condition and how to manage it.

- Heartburn is the most common symptom of GERD, but chronic coughing, chest pain, nausea, and vomiting may occur. While your doctor may be able to determine if you have GERD based on your symptoms, they could recommend testing to confirm or rule out other health conditions.
- Food choices and meal timing can play a big role in preventing and managing GERD flare-ups. Limit foods higher in fat and added sugars. Choose foods lower in fat, such as lean meats, fish, beans and tofu, whole grains, fruits and vegetables. Other foods that are associated with flare-ups include mint, chocolate, alcohol, caffeine and acidic foods. Eating smaller meals throughout the day, instead of larger meals, may help manage symptoms, along with staying upright a few hours after eating.
- Lifestyle also plays a role in managing symptoms of GERD. Weight loss can be helpful in reducing GERD flare-ups for individuals with overweight or obesity.

Vegging Out: Tips on Switching to a Meatless Diet
(World Vegan Month)

Becoming a vegetarian or vegan — especially if you've been a lifelong meat-eater — isn't always easy. Your best bet if you're feeling overwhelmed? Make gradual changes to give yourself time to find plenty of foods that you enjoy.

- When making changes to your eating pattern, a good first step is to review your current diet. Make a list of foods you regularly eat, paying special attention to vegetarian foods that you enjoy. For those who enjoy the taste or texture of meat, there are a variety of plant-based meat options on the market. Calcium-fortified dairy products, such as soy milk and soy-based yogurt, can help fill nutrient gaps for individuals who wish to avoid or limit dairy.
- It's a myth that vegetarians and vegans can't get enough protein. Beans, lentils, tofu, edamame, tempeh and seitan are all great options when looking for vegetarian proteins. Including a variety of foods can help you meet your protein needs.
- Label reading is essential for vegetarians and vegans. Some seemingly meat-free foods actually contain animal-based ingredients such as lard, chicken fat, or gelatin. Label reading also helps to ensure you meet your nutritional needs.

Sample Social Media Posts

Hosting Thanksgiving dinner? Food safety is just as important as the perfect recipe! Use a food thermometer to check your turkey reaches 165°F at the thickest part of the breast, innermost part of the thigh, and innermost part of the wing. #eatright #Thanksgiving sm.eatright.org/ThanksgivingTips

Did you know that a healthful eating routine can help reduce the risk of dementia?In honor of National Alzheimer's Disease Awareness Month, learn about the MIND diet — an eating pattern that may help prevent or delay declines in brain health. #eatright #AlzheimersAwareness sm.eatright.org/TheMINDdiet

Growing kids need the right fuel! From whole grains to lean proteins, every food group plays an important role in helping children and teens grow, learn and thrive. The secret? Serve delicious nutrient-rich foods at every meal and snack. #kidseatright #WorldChildrensDay sm.eatright.org/GrowingBodies

Celebrating Diwali? The festive season brings delicious traditional foods from across India! From gujia and laddoos in the North to murukku and adhirasam in the South, these cherished dishes are part of what makes the Festival of Lights so special. #eatright #Diwali sm.eatright.org/diwali

Managing diabetes starts with understanding your body's needs. From choosing whole grains to limiting added sugars, small changes in your eating habits can make a big difference. Consult a registered dietitian for personalized guidance! #eatright #WorldDiabetesDay sm.eatright.org/UnderstandDiabetes



December

Key Dates in December 2026

1	**Foundation Award and Grant applications open**
1	National Eat a Red Apple Day
1	World AIDS Day
1	GivingTuesday
3	International Day of Persons with Disabilities
4	National Cookie Day
5	World Soil Day
6	National Gazpacho Day
8	Bodhi Day
10	Human Rights Day
10	International Animal Rights Day
13	National Cocoa Day
13	National Popcorn String Day
25	Christmas Day
31	National Champagne Day
31	New Year's Eve
1-7	Crohn's and Colitis Awareness Week
4-12	Hanukkah
7-11	National Handwashing Awareness Week
Dec. 26 – Jan. 1: Kwanzaa	
Constipation Awareness Month	
National Pear Month	
National Stress-Free Family Holiday Month	
Worldwide Food Service Safety Month	
National Impaired Driving Prevention Month	

Talking Points

Animal Welfare: The Five Freedoms
(International Animal Rights Day)

The Five Freedoms are a guiding set of animal welfare principles that outline key freedoms that all animals, including those raised for food, should experience in their life. Considered the gold standard approach in farm animal wellbeing, the Five Freedoms have an impact on animal welfare and sustainable food systems.

- The Five Freedoms focus on making sure animals are free from hunger and thirst, discomfort, pain or distress, and fear or distrust. It also includes the freedom to express normal behavior, which includes enough space for freedom of movement and the company of similar animals to socialize with.
- Although they may be modified slightly, the Five Freedoms have been adapted globally by various people across the food system. Many third-party programs in the United States incorporate the Five Freedoms into their certification standards. Companies that use certification programs typically use a symbol on their packages to indicate they follow these standards.
- The Five Freedoms outline the minimum acceptable standards for animals. Some experts suggest these principles can go beyond preventing negative experiences for animals, to promote positive experiences that give animals a life worth living. While this would continue to improve quality of life for farm animals, food systems will need to adapt to meet evolving animal welfare needs.

Helpful Tips for Healthy Holiday Parties
(National Stress-Free Family Holiday Month)

For many, the winter holiday season is a time to celebrate with friends and family. Rich and delicious seasonal foods are often popular during these celebrations, but there are lighter options to consider without sacrificing taste.

- Try swapping out a few ingredients in your recipes. You can use low-sodium vegetable broth in mashed potatoes to add flavor while cutting back on cream and butter. When baking, unsweetened applesauce can be used in place of oil or butter in muffins or quick breads. And instead of mayonnaise or sour cream, plain, unsweetened yogurt can be used in a variety of dips and sauces.
- Focusing on seasonal fruits and vegetables is a great way to embrace the festive season while also eating healthfully. Popular choices this time of year include sweet potatoes, winter squash, Brussels sprouts and broccoli, along with fresh cranberries, apples, pears, pomegranates and citrus fruit.
- If you're attending a holiday gathering, socialize and settle into the festivities before seeking out the buffet. Savor the foods you truly enjoy and pass on those that don't really interest you.

Sample Social Media Posts

Hosting your first holiday gathering? A little food safety knowledge goes a long way! Use a food thermometer to check that your turkey, ham, and other dishes reach proper internal temperatures — keeping your meal both safe and delicious. #eatright #HolidaySeason sm.eatright.org/AdviceHoliday

Finding the right foods for Crohn's or ulcerative colitis can be tricky—there's no universal plan, but personalized support from a registered dietitian can make all the difference! #eatright #CrohnsAndColitisAwarenessWeek sm.eatright.org/crohns

Ring in the new year by teaching kids the importance of food, nutrition and eating skills! From serving balanced meals to exploring flavors from different cultures, there are so many ways to raise healthy eaters. Start with regular family mealtimes and get kids involved in the kitchen! #NewYears #kidseatright sm.eatright.org/NewYearsEaters

Did you know that peak pear season is during the fall and winter months? Find out how to select, store and enjoy them throughout the holiday season: sm.eatright.org/allaboutpears #eatright #NationalPearMonth

Clean hands = healthy lives! Remember to wash up before meals, after handling raw foods, restroom visits, sneezing, pet time, and whenever you switch tasks in the kitchen. Stay safe and keep germs away! #eatright #HandwashingAwarenessWeek sm.eatright.org/HandWashing

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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.