



**SPEAK UP  
FOR MEDICAL  
NUTRITION!**

**JUNE 14-18, 2021**

**#SPEAKUP4MNEA**



# SOCIAL MEDIA CHEATSHEET



**@NutritionEquity**  
**#SpeakUp4MNEA**  
**#MNEA**  
**#MedicalNutritionEquity**  
**NutritionEquity.org**

## SAMPLE TWEETS

Support access to #MedicalNutrition and help pass the MNEA. Add your voice by contacting Congress at [nutritionequity.org](http://nutritionequity.org) #SpeakUp4MNEA

Thousands of Americans need medical nutrition to thrive. You can support them by adding your voice at [nutritionequity.org](http://nutritionequity.org) #SpeakUp4MNEA

Thank you [@Legislator] for meeting to discuss Nutrition Equity. Grateful to have your support for the #MNEA. #SpeakUp4MNEA

Great meeting with the staff of [@Legislator] on Nutrition Equity. We look forward to working with you to pass the #MNEA. #SpeakUp4MNEA

I spent the day taking action to #SpeakUp4MNEA and help advance the Medical Nutrition Equity Act. Join me at [nutritionequity.org](http://nutritionequity.org)

## PHOTO GUIDELINES

**Try to include a photo with each tweet.** Tweets with images receive 150% more retweets than those without! You can use the sign found here: <http://bit.ly/speakupsign>

**Photos should be horizontal/landscape** in order to display properly on Twitter.

**Mention the Congress member's handle** in the tweet. Some Congress members can also be tagged in the photo.

**Get permission:** Ask the staff your meeting with and your fellow advocates if you can take and share a screenshot of your video meeting.

## DOs and DON'Ts

**DO:** Thank the Congress members and staff on Twitter or their official Facebook.

**DON'T:** Selectively thank some offices but not others.

**DO:** Ask the Member of staffer if it's okay to share a screenshot of your meeting.

**DON'T:** Record any of your meetings.

**DO:** Take photos and post tweets throughout the day to capture the overall experience.

**DON'T:** Tweet or check social media during a meeting.

**DO:** Encourage followers and Facebook friends to join #SpeakUp4MNEA by visiting [NutritionEquity.org](http://NutritionEquity.org)



**THANK YOU FOR TAKING ACTION!  
TOGETHER WE CAN PASS THE MEDICAL NUTRITION EQUITY ACT!**