SAMPLE SOCIAL MEDIA POSTS

To promote HEAL’s new [Kitsap County Resources map](https://kitsapheal.org/kitsap-county-resources)

Posts for Twitter or Instagram

Free or low-cost Food, Community and Activity resources all in one place: [kitsapheal.org/kitsap-county-resources](https://kitsapheal.org/kitsap-county-resources)

Explore kitsapheal.org for resources to help you eat healthy, stay safe, and live active: [kitsapheal.org/kitsap-county-resources](https://kitsapheal.org/kitsap-county-resources)

Share Kitsap HEAL Coalition’s newest tool—the Kitsap Resource Map: [kitsapheal.org/kitsap-county-resources](https://kitsapheal.org/kitsap-county-resources)

Navigate Kitsap food resources on the bus to find food banks, farmers’ markets & meal programs: [kitsapheal.org/kitsap-county-resources](https://kitsapheal.org/kitsap-county-resources)

Find medical/dental resources in Kitsap & the bus lines that take you there: [kitsapheal.org/kitsap-county-resources](https://kitsapheal.org/kitsap-county-resources)

We envision a community in which healthy food and physical activity opportunities are accessible and affordable for all: [kitsapheal.org](https://kitsapheal.org/)

Check out [kitsapheal.org/covid-resources](https://kitsapheal.org/covid-resources) for virtual workouts, gardening, and digital nutrition resources.

Facebook Posts

Kitsap HEAL Coalition envisions an environment that supports equitable access for all to choose physical activity and foods which contribute to health and well-being in Kitsap County. Check out our newest tool to help you navigate Kitsap county resources [kitsapheal.org/kitsap-county-resources](https://kitsapheal.org/kitsap-county-resources)

Kitsap HEAL Coalition envisions a community in which healthy food and physical activity opportunities are accessible and affordable for all. Now more than ever, we know that an individual’s health is deeply connected to the community. Share these HEAL resources to support our community: Kitsap Resource Map [kitsapheal.org/kitsap-county-resources](https://kitsapheal.org/kitsap-county-resources), COVID-19 Resources [kitsapheal.org/covid-resources](https://kitsapheal.org/covid-resources)

Staying active and eating right during a pandemic is hard. The Kitsap HEAL Coalition has put together resources to help you and your family stay healthy during this uncertain time. HEAL is excited to share these free or low-cost Food, Community and Activity resources all in one place on our Kitsap Resources Map: [kitsapheal.org/kitsap-county-resources](https://kitsapheal.org/kitsap-county-resources)