

Social Media Story Prompts for Healthy Eating with Head Start

Consider starting with: *“Head Start helped my family...”* or *“Thanks to Head Start, we...”*

Food Access and Affordability

- What was something new you learned about affordable healthy eating from Head Start?
- How did Head Start help your family access fresh fruits or vegetables?
- Did Head Start connect you with a food pantry, WIC, or community garden?
- What did your child love most about the meals or snacks at Head Start?

Nutrition Education

- What healthy eating habits did you or your child learn from Head Start?
- Did you attend a Head Start cooking demo, nutrition class, or meal-planning session?
What stuck with you?
- How has Head Start made you more confident in feeding your family?

Personal Impact

- Was there a time Head Start made sure your family didn't go hungry?
- How did it feel knowing your child had access to healthy meals every day?
- What's a favorite recipe or food your child discovered at Head Start?