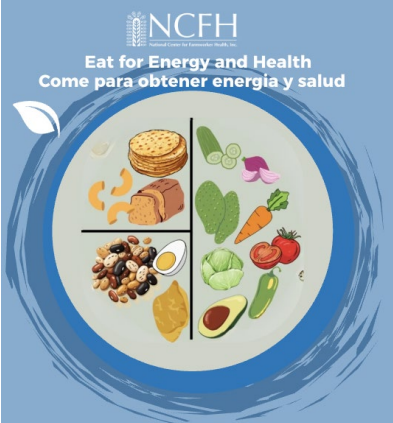


Accompanying Dissemination Guide for Farmworker Nutrition Social Media Posts

The [National Center for Farmworker Health](#) (NCFH), developed social media and WhatsApp posts, including a video and messaging highlighting farmworker nutrition information. Download and share with farmworkers and their families during outreach, educational activities, social media, or in your lobby area while they wait for an appointment!

These posts are intended for community-based organizations that serve farmworkers. They provide information on the importance of macro nutrients and portion control using your hands fist as a guide that can help orient farmworkers and their families, and the people they care about to make healthier nutrition choices. These posts are available in English and Spanish.

The following table provides direct links to view and download the video and social media graphics. *Please note*, you can tailor these messages as needed to best fit the needs of your audiences.

Social Media/WhatsApp Post	Message to Accompany Social Media Posts (English and Spanish)
<p>English Downloadable English Tik Tok Video</p> <p>Spanish Downloadable Spanish Tik Tok Video</p> 	<p>English Message:</p> <p>Are you eating enough food for the amount of calories you are burning on the field during the work day? Protein, Carbohydrates and Fats are all essential nutrients for our well being, especially for those of us doing heavy manual labor under the sun. See how each macronutrient plays a part!</p> <p>Spanish Message:</p> <p>¿Estás consumiendo suficiente alimento para la cantidad de calorías que quemas en el campo durante la jornada laboral? Las proteínas, los carbohidratos y las grasas son nutrientes esenciales para nuestro bienestar, especialmente para quienes realizamos trabajos manuales pesados bajo el sol. ¡Descubre el papel que desempeña cada macronutriente!</p>

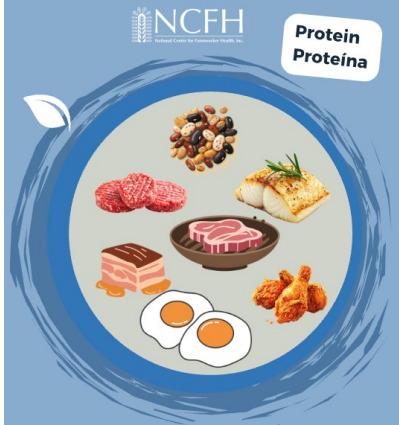
Captions for Vignettes

English

[Downloadable English Social Media Graphics](#)

Spanish

[Downloadable Spanish Social Media Graphics](#)



English Message:

What's protein? Protein builds, maintains and replaces the tissues in your body! Farmworkers need the extra protein!

Spanish Message:

¿Qué es la proteína? ¡La proteína construye, mantiene y renueva los tejidos de tu cuerpo! ¡Los trabajadores agrícolas necesitan ese extra de proteína!

English

[Downloadable English Social Media Graphics](#)

Spanish

[Downloadable Spanish Social Media Graphics](#)



English Message:

What are Carbohydrates? They're the major source of energy for the body! Farmworkers need healthy carbohydrates to properly fuel the body, especially for the work day.

Spanish Message:

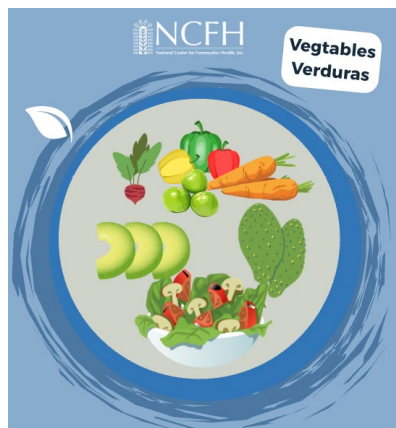
¿Qué son los carbohidratos? ¡Son la principal fuente de energía para el cuerpo! Los trabajadores agrícolas necesitan carbohidratos saludables para abastecer adecuadamente al organismo de energía, especialmente durante la jornada laboral.

English

[Downloadable English Social Media Graphics](#)

Spanish

[Downloadable Spanish Social Media Graphics](#)



English Message:

What are Vegetables? Vegetables are nature’s superfood packed with vitamins and minerals that give your body energy. Farmworkers can use vegetables to replace electrolytes sweat during the work day!

Spanish Message:

¿Qué son las verduras? Las verduras son un superalimento de la naturaleza, repleto de vitaminas y minerales que aportan energía al cuerpo. ¡Los trabajadores agrícolas pueden consumir verduras para reponer los electrolitos que pierden a través del sudor durante la jornada laboral!

English

[Downloadable English Social Media Graphics](#)

Spanish

[Downloadable Spanish Social Media Graphics](#)



English Message:

What is Fat? Fat is an important part of a healthy diet because it gives you energy! Farmworkers need to choose the right amount and the right kind.

Spanish Message:

¿Qué es la grasa? La grasa es una parte importante de una dieta saludable porque aporta energía. Los trabajadores agrícolas deben elegir la cantidad y el tipo adecuados.

To receive support or if you have any questions about these resources, please contact info@ncfh.org

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