

SNAP4CT Social Media Management

by Michelle Traub



The image shows a Facebook post from the page 'snap4ct'. The post is dated February 27 and was published by 'Nutmeg Nutritionist [?]'. The text of the post promotes free activities in Hartford parks, such as walking, biking, swimming, and playing with kids. It includes a link to a new guide and lists 'Elizabeth Park, Hartford CT', 'A View from the Parks', and 'Keney Park Sustainability Project...'. Below the text is a large image featuring a close-up of pink and orange dahlias on the left and the text 'Hartford Parks Guide 2020' in large, pink, outlined letters on the right. At the bottom of the post, there is a link to 'SNAP4CT.ORG', the title 'Parks in Hartford', a truncated description 'Parks in Hartford offer free activity for you and your...', and a 'Learn More' button.

SNAP4CT
Published by Nutmeg Nutritionist [?] · February 27 · 🌐

#HartfordParks offer so many fun activities for FREE! You can take a walk 🚶 🚶, ride a bike 🚲 🚲, go for a swim 🏊 🏊, play with the kids, or just enjoy nature 🌹 🌲 🌻. Check out our new guide, for details on these great resources: <http://ow.ly/76Ht50yNbl>

Elizabeth Park, Hartford CT
A View from the Parks
Keney Park Sustainability Project... See More



**Hartford
Parks
Guide
2020**

SNAP4CT.ORG
Parks in Hartford
Parks in Hartford offer free activity for you and your...

[Learn More](#)



snap4ct is 😊 feeling inspired.



Published by Nutmeg Nutritionist [?] · April 28 at 12:30 PM · 🌐

In Part 1 of Your Guide to Preventing Food Waste, learn:

- ✔️ about food dates
- ✔️ how to tell if a food is safe to eat, and
- ✔️ get a list of some of the longest lasting foods

All so you can eat well and spend less! 🥰👉👉👉 <http://ow.ly/IHr550zpJLO>



snap4ct

Health & Wellness Website

Learn More

896
People Reached

32
Engagements

Boost Again

Boosted on Apr 28, 2020
By Nutmeg Nutritionist

Completed

People Reached **790**

Landing Page Views **5**

View Results

👍 4



snap4ct is 🥰 feeling inspired.

Published by Nutmeg Nutritionist [?] · March 28 · 🌐

Want to know how foods from different cultures fit into MyPlate? 🤔
Check out our latest blog! 🥰 There's also a bonus "Eat Well & Spend Less Guide". 🥗 🍌 🥑 🌶️ 🍷
<http://ow.ly/b0Bi50yWDIB>



snap4ct

Health & Wellness Website

Learn More

985

People Reached

62

Engagements

Boost Again

Boosted on Mar 28, 2020
By Nutmeg Nutritionist

Completed

People Reached

890

Landing Page Views

13

View Results

👍 6

2 Shares



snap4ct

Published by Nutmeg Nutritionist [?] · March 13 · 🌐



Good nutrition is the best defense! Check out our latest eNewsletter for more reasons why we celebrate 🌈 healthy eating! <http://ow.ly/1fj850yKkuD>

Subscribe for free here: <https://www.snap4ct.org/free-cookbook.html> 😊
#NationalNutritionMonth

Celebrate Nutrition Every Day!



664
People Reached

32
Engagements

Boost Again

Boosted on Mar 13, 2020
By Nutmeg Nutritionist

Completed

People Reached **526**

Post Engagement **86**

[View Results](#)

👍👎 20

2 Shares



snap4ct is 😊 feeling inspired.



Published by Nutmeg Nutritionist [?] · May 8 at 1:15 PM · 🌐

Need something to read? 🤔 The May eNewsletter is here! 😊💕 There are simple meal ideas, food and nutrition resources, a cooking video, and more! Check it out here: <http://ow.ly/y9Bz50zANPj>

Not a subscriber? Sign up for free here: <https://www.snap4ct.org/free-cookbook.html> 🍌



snap4ct

Health & Wellness Website

Learn More



Merry
Christmas!



from all of us at



HAPPY NEW YEAR!

2019





THANKSGIVING
SIMPLIFIED





snap4ct added an event.

February 28 · 🌐



TUE, MAR 3

Free Food Samples & Nutrition Ed at ShopRite (E. Hartford)

★ Interested

→ You like snap4ct

155
People Reached

0
Engagements

Boost Unavailable

Boosted on Feb 28, 2020
By Nutmeg Nutritionist

Completed

People Reached **372**

Event Responses **6**

[View Results](#)

👍 2



FARMERS MARKET AT
BILLINGS FORGE
539 BROAD ST
THURSDAYS, 11-2:00

Husky Nutrition Programs
UCONN
HEALTH