

WithAll

Family Mealtime Challenge

May 2021

Social Sharing Tips & Template

Tips

- Post a picture or video of your family enjoying a meal together.
- Use **#withallchallenge** and/or tag **@withallorg** to join the movement.
- Tag the friend you are challenging to invite them to join the fun.
- Write your own caption or use our template below.
- If you're taking the challenge, but not challenging a friend, just remove the middle sentence on the template.

Template

- I want all kids to have a healthy body image and relationship with food. I took the WithAll Family Mealtime Challenge – sharing a meal and enjoying WithAll's Mealtime Convo Cards! I'm challenging [name/tag] to take the challenge and am sending [him/her/them] a deck of cards. Get your own deck and take the challenge at withall.org/familymealtime. Your purchase supports eating disorder prevention and recovery! #withallchallenge