



Social Sharing Tips & Templates

Tips

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

Templates

- I am proud to be an ambassador for kids having positive 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/they] a deck of cards. Get your own deck and take the challenge at withall.org/familymealtime. Your purchase supports eating disorder prevention and recovery! #withallfamilymealtime

If you're sharing a meal with a non-traditional family

- Mealtimes together have profound health benefits for all of us. That's why I took the WithAll Family Mealtime Challenge – sharing a meal with [who you shared a meal with – friends, co-workers, roommates] and enjoying WithAll's Mealtime Convo Cards! I'm challenging [name/tag] to take the challenge and am sending [him/her/they] a deck of cards. Get your own deck and take the challenge at withall.org/familymealtime. Your purchase supports eating disorder prevention and recovery! #withallfamilymealtime