



Proposed Social Media Calendar - OCTOBER

DATE	COPY	ASSETS	SMS
Sat., Oct. 1	Happy Vegetarian Day! Here are some creative vegetarian dishes to help you celebrate! (LINK)	Recipe Web Page	F/T
Sun., Oct. 2	Fall flavors are here! Check out these tips from our Marsh Dietician, Mary Snell, to get all of the taste for less calories! (LINK)	Web Page	F/T
	Check out these Indianapolis Fall events! Be sure to look for Marsh and say hi! (LINK)		F/T
Mon., Oct. 3	It's time to carve those Marsh pumpkins, but what to do with the innards? Use these tips instead of throwing them away. (LINK)	Web Page + Graphic	F/T
Tues., Oct. 4	Check out these themed snacks for your favorite Halloween movies (LINK)	Web Page + Graphic	F/T
Wed., Oct. 5	Clip your free weekly item online! This week's item is _____.		F/T
Thurs., Oct. 6	This week, Mary Snell talks about berries! Find out the facts at (LINK)	Web Page	F/T
Fri., Oct. 7	Pack a festive lunch for the kids with these spooky ideas!	Graphic	F/T
Sat., Oct. 8	We want to see how your Marsh pumpkins turned out. The most likes gets a \$25 Marsh gift card!	Gift Card	F/T
Sun., Oct. 9	Food History: Learn about the taste test heros of the dark ages.	Web Page	F/T
Mon., Oct. 10	What do you do with weird seasonal squash? Find out the best recipes here (LINK)	Recipe Web Page	F/T
Tues., Oct. 11	Check out these crafty ways to trick your kids into healthy eating. (LINK)	Web Page	F/T
Wed., Oct. 12	Clip your free weekly item online! This week's item is _____.		F/T
Thurs., Oct. 13	This week, Mary Snell talks about apples! Find out the facts at (LINK)	Recipe Web Page	F/T
Fri., Oct. 14	Kids will love these carmel apple toppings. Make a topping buffet for some Halloween fun!	Graphic	F/T
Sat., Oct. 15	Ramen bowls are just what you need to warm up in this cold weather. See what toppings will play a roll in your bowl.	Graphic	F/T
Sun., Oct. 16	Happy World Food Day! Check out traditional dishes from different cultures! (LINK)	Recipe Web Page + Graphic	F/T
Mon., Oct. 17	Post a picture of your princess with her pumpkin and tag Marsh to win tickets to see Cinderella!	Graphic	F/T
Tues., Oct. 18	Are you having a Halloween Party? See our spooky recipes to cause a thriller. (LINK)	Recipe Web Page	F/T
Wed., Oct. 19	Clip your free weekly item online! This week's item is _____.	Graphic	F/T



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Thurs., Oct. 20	We prefer treats to tricks! Here’s our recipe for Reese’s brownies! (LINK)	Recipe Web Page	F
	What is your favorite Halloween candy? (Snickers, Twizzlers, Kit Kats, Twix, Skittles)	Poll	T
Fri., Oct. 21	Halloween can be a little crazy. Make sure your kiddos stay safe with these tips.	Graphic	F/T
Sat., Oct. 22	Check out these top 10 food costumes! We hope you get inspired!	Web Page + Graphic	F/T
Sun., Oct. 23	Clip your free weekly item online! This week’s item is _____.		F/T
Mon., Oct. 24	Humans of Marsh: Meet _____.	Graphic	F/T
Tues., Oct. 25	Food Science! Create some edible science with your kids! (LINK)	Web Page + Graphic	F/T
Wed., Oct. 26	Don’t forget to pick up your discounted King’s Island tickets for the haunted Halloween theme park!	Graphic	F/T
Thurs., Oct. 27	Mary Snell - "Herbs & spices are among the richest sources of antioxidants, and on a wight basis, are higher than many fruits and vegetables." Learn about other benefits from using herbs & spices at (LINK)	Web Page	F/T
Fri., Oct. 28	Lure in the kids with our smoking witch’s brew	Graphic	F/T
Sat., Oct. 29	Pintrest Recipe Test! We'll make the face so you don't have to! Comment links of the recipes you'd like to try! See the results Thursday !	Web Page	F/T
Sun., Oct. 30	Clip your free weekly item online! This week’s item is _____.		F/T
Mon., Oct. 31	Happy Halloween! We’ll be open reload your candy bowls		F/T