****

**June Dairy Month 2019 Social Media Assets & Content**

*Below you’ll find social media content and assets, which will help you ignite conversation surrounding refrigerated foods during June Dairy Month!*

**Follow the Easy Home Meals platforms:**

* [Website](http://easyhomemeals.com/)
* [Twitter](https://twitter.com/EasyHomeMeals)
* [Facebook](https://www.facebook.com/EasyHomeMeals)
* [Pinterest](http://pinterest.com/easyhomemeals/)
* [Instagram](https://www.instagram.com/_easyhomemeals/)
* [YouTube](http://www.youtube.com/easyhomemeals)

**Hashtags to use throughout the JDM promotion:**

* #JuneDairyMonth
* #DairyBeyondCool
* #DairyMonth
* #dairyaisle
* #dairy

**Suggested Social Media June Dairy Month Posts**

***Facebook***

* Celebrate June Dairy Month and discover the cool possibilities in the dairy aisle!
* It’s National June Dairy Month—the perfect time to “Discover the Cool Possibilities!”
* Join @EasyHomeMeals in getting creative in the kitchen with great recipes, blog posts, videos and tips! <http://bit.ly/1n8owcR>
* Looking for June Dairy Month inspiration? Look no further than @EasyHomeMeals! <http://bit.ly/1n8owcR>
* Your refrigerator temperature should be at 40 ̊F—you can check it with an appliance thermometer.
* Store refrigerated products like yogurt, milk, sour cream and cottage cheese in their original containers, with lids closed tightly.
* After opening cheese, store in an air-tight container and use within 3-5 days. Cheese can be frozen for up to 2 months.
* Cheeses are best stored as close to the bottom of the refrigerator as possible—the veggie compartment is ideal.
* No one likes spoiled milk! Store milk and milk alternatives in the coldest part of the refrigerator—not on door panels.
* Avoid exposing milk, butter and other refrigerated products to bright light as it can affect flavor.
* Make the dairy aisle your last stop in the supermarket.
* Pack all refrigerated groceries together in a reusable cooler bag to help maintain their cold temperature on the way home from the grocery store.
* Store your eggs in the main body of the refrigerator, not on the fridge door, to ensure that they keep a consistent and cool temperature.
* Looking to lighten up this summer? Substitute 1 cup of Greek yogurt for 1 cup up mayonnaise.
* Make this delicious and wholesome Italian-Garden Flatbread from @MrFoodTestKitchen using your favorite dairy aisle ingredients. <http://bit.ly/2yTL5SE>

***Twitter***

* Celebrate #JuneDairyMonth & discover the cool possibilities in the #dairyaisle! <http://bit.ly/YpsQII>
* It’s National #DairyMonth—the perfect time to “Discover the Cool Possibilities!” <http://bit.ly/YpsQII>
* Your refrigerator temperature should be at 40 ̊F—you can check it with an appliance thermometer. #JuneDairyMonth #tips
* Store #refrigerated products such as yogurt, milk, sour cream and cottage cheese in their original containers, with lids closed tightly. #JuneDairyMonth #tips
* Avoid exposing milk, cream and other #dairy products to bright light as it can affect flavor. #JuneDairyMonth #tips
* Pack all #refrigerated groceries together in a reusable cooler bag to help maintain their cold temperature on the way home from the store. #JuneDairyMonth #tips
* Make the #dairyaisle your last stop at the supermarket! #JuneDairyMonth #tips
* #Cheese is best stored as close to the bottom of the refrigerator as possible—the vegetable compartment is ideal. #JuneDairyMonth #tips
* No one likes spoiled #milk! Store milk and milk alternatives in the coldest part of the refrigerator—not on door panels. #JuneDairyMonth #tips
* Skip the fancy #coffee shop and instead add your favorite liquid coffee creamer flavor to your cup of Joe for café inspiration! #JuneDairyMonth #tips
* Looking to lighten up this #summer? Substitute 1 cup of #Greekyogurt for 1 cup up mayonnaise. #JuneDairyMonth #tips
* Use your favorite #dairyaisle ingredients to make this tasty Italian-Garden Flatbread from @Mr\_Food. <http://bit.ly/2yTL5SE> #recipe
* #DYK a glass of #milk only costs about a quarter? @Mr\_Food explains why you should have #dairy in your diet! <http://bit.ly/17Tubi2> #video