

Nutrition - social posts

Our recent health & wellbeing survey told us that 1 in 3 automotive people have been personally affected by a poor diet, and 1 in 5 are struggling to keep up with the rising cost of living, including food.

We've put together tips and advice to help everyone that may be worried about the rising cost of their weekly food shop to eat well whatever their budget.

Please help us spread the word to help reach those that might need some extra support. Feel free to copy and paste the text below and use it with our images. Make sure to tag us in so that people know we're here to help.

Twitter:

With many of us worried about the rising cost of our weekly food shop, **@BenSupport4Auto** has put together some tips, advice & tools to help you eat well, whatever your budget 🙌 <https://bit.ly/36DM4YX>

Facebook:

Many of us are worrying about the rising cost of our weekly food shop, and are looking at ways they might be able to save money, while still eating well.

To help **@Ben - Support for Life** has put together some tips, advice & tools to help you eat well, whatever your budget 🙌 <https://bit.ly/36DM4YX>

If you're struggling with this, or anything else, call Ben's free and confidential helpline on 08081 311 333 (Mon-Fri 8am-8pm).

LinkedIn:

Many of us are worrying about the rising cost of our weekly food shop, and are looking at ways they might be able to save money, while still eating well.

To help **@Ben Automotive Industry Charity** has put together some tips, advice & tools to help you eat well, whatever your budget 🖱️ <https://bit.ly/36DM4YX>

If you're struggling with this, or anything else, call Ben's free and confidential helpline on 08081 311 333 (Mon-Fri 8am-8pm).

Instagram:

Many of us are worrying about the rising cost of our weekly food shop, and are looking at ways they might be able to save money, while still eating well.

To help **@BenSupport4Auto** has put together some tips, advice & tools to help you eat well, whatever your budget 🖱️ <https://bit.ly/36DM4YX>

If you're struggling with this, or anything else, call Ben's free and confidential helpline on 08081 311 333 (Mon-Fri 8am-8pm).

Here are some # that you can add to the end of your posts:

#NationalNutritionMonth

#Nutrition

#TopTips

#AutomotiveFamily

#Support

#Support4Auto

#Automotive