

# EAT SMART MONTH



## Healthy for Good's Eat Smart Month

#EatSmart

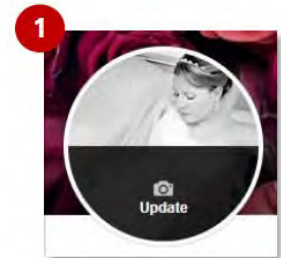
Celebrate Healthy for Good's Eat Smart Month with us and thousands of people across the country. Every day in November, we'll share ways to help, inspire, encourage, rejuvenate and motivate you during the holiday season.

Make sure you like our Healthy for Good's [Facebook](#) page to stay connected, share tips, leave feedback and receive motivation from others to be Healthy for Good. Join us on Facebook and celebrate by adding a Eat Smart frame to your profile picture!

Here is how:

Facebook Desktop Instructions:

1. Click on your profile photo and select "Update Profile Picture"
2. Select "Add Frame"
3. In the search box under "Choose a Frame", type in "Eat Smart"
4. Select the frame
5. Draft to reposition your profile picture if needed
6. Select the timeframe from the drop down when you want to switch back to your previous profile picture
7. Select "Use as Profile Picture" to save



Facebook Mobile Instructions:

1. Click on your profile photo and select "Add Frame"
2. In the search frame box, type in "Eat Smart"
3. Select the frame
4. Draft to reposition your profile picture if needed
5. Select the "make temporary" button and indicate how long you want the frame before switching back to your previous profile picture
6. Select "Save" to use as your profile picture

Selfie Frame

