

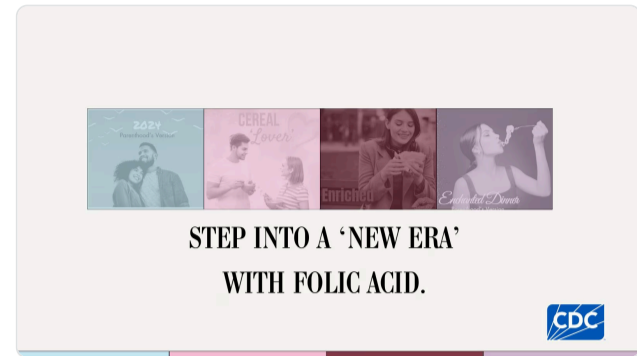


AUGUST 5, 2024

#InMyFolicAcidEra Toolkit

KEY POINTS

It's important to educate the next generation of parents about folic acid. Getting 400 mcg of folic acid a day is an easy way to help prevent birth defects of a baby's brain and spine. Use the #InMyFolicAcidEra toolkit to support the healthy development of babies in this new era.



What's included

This toolkit includes resources to reach young adults who may be planning to have a baby within the next year and healthcare professionals. The following resources are included:

- Graphics
- Videos
- Sample messages

How to use this toolkit

Use these #InMyFolicAcidEra materials to help raise awareness about the benefits of folic acid. Download the graphics and videos and copy the sample messages to post on your platforms.

#InMyFolicAcidEra materials



Be 'Fearless' in Your Commitment to a Healthy Start

Encourage your community to be 'Fearless' in their commitment to a healthy start with folic acid.

JUNE 3, 2024



Ready to Enter Your Parenting Era?

Help spread awareness about the importance of taking folic acid before pregnancy.

JUNE 3, 2024



Be the Bridge to Parenthood

Healthcare providers can be the bridge to parenthood by sharing information about folic acid.

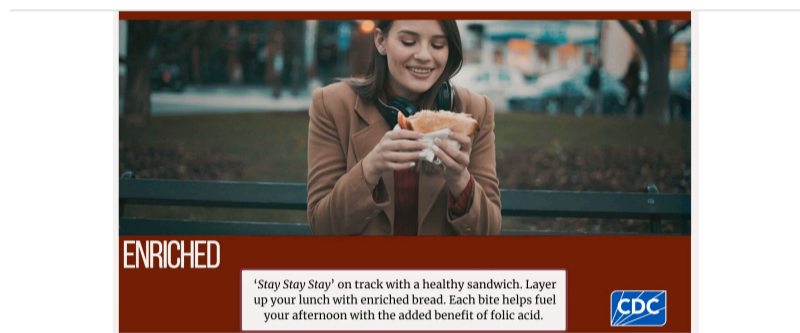
JUNE 3, 2024



Make Dinner Time 'Enchanted' with Enriched Pasta

Eating enriched foods, like some pastas, can help improve folic acid intake.

JUNE 3, 2024



'Stay Stay Stay' on Track with a Healthy Sandwich

Eating enriched foods, like some breads, can help improve folic acid intake.

JUNE 3, 2024



Cereal 'Lover'?

Eating foods fortified with folic acid, like some cereals, can help improve folic acid intake.

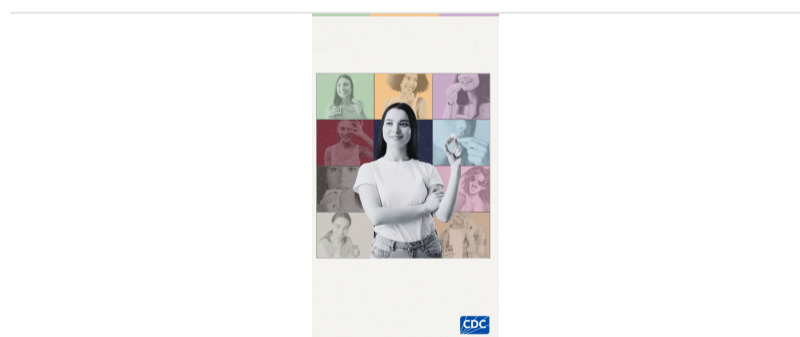
JUNE 3, 2024



Step into a 'New Era' with Folic Acid

Help young families step into a "new era" by incorporating folic acid into their daily routine.

JUNE 3, 2024



#InMyFolicAcidEra Video

Empower young families as they enter their "folic acid era" by sharing the importance of folic acid.

JUNE 3, 2024

SOURCES

CONTENT SOURCE:

[Folic Acid](#)