

| MONDAY 07 | | | | | |
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| TWITTER | | | | | |
| TIME OF LAUNCH | CONTENT TITLE | COPY | IMAGES | LINK | CLICK ENGAGEMENTS |
| 12:30 AM | | | | | |
| 4:30 AM | | | | | |
| 8:30 AM | Who are we? | Surrey Breakfast Club is a NFP organization in support of the Surrey education system raises funding to provide nutritional meals for students of low-income families | SBC Logo | | |
| 12:30 PM | | | | | |
| 4:30 PM | | | | | |
| 8:30 PM | | | | | |
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| 8:00 AM | Who are we? | Surrey Breakfast Club is a NFP organization in support of the Surrey education system raises funding to provide nutritional meals for students of low-income families #SurreyBreakfastClub #NFP #Healthyeating #healthy #nutrition #lifestyle | SBC Logo | | |
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| 8:00 PM | | | | | |
| TUESDAY 08 | | | | | |
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| 12:30 AM | | | | | |
| 4:30 AM | | | | | |
| 8:30 AM | | | | | |
| 12:30 PM | Common Misconceptions of Healthy Food | - Healthy means low fat -Brown sugar is healthier than white sugar -Natural means healthy -Vegetarian diets are protein deficient. There are many more misconceptions that you could learn about in a seminar we are hosting this coming Saturday. | | | |
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| WEDNESDAY 09 | | | | | |
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| 12:30 AM | | | | | |
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| 8:30 AM | What is Our Goal? | SBC is looking to introduce the 'Better Snacking' program that educates and encourages children and their parents to develop better eating habits. We are hosting an event this coming Saturday at 5PM to give a little sneak peak to parents about what our program provides. | | | |
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| THURSDAY 10 | | | | | |
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| 12:30 PM | Introducing Erin Levine | On this coming Saturday at 5 PM we are hosting a seminar and invited Erin as a speaker. She is an award-winning Nutritionist in Vancouver and has a well established business since 2014. Erin is willing to share some tips and tricks to lead a healthier lifestyle. | | | |
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| FRIDAY 11 | | | | | |
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| 8:30 AM | Involve your kids in the kitchen | When children get involved in the kitchen they are more eager to taste things that they have personally made. The snacks could be easy to make like frozen yogurt with fruit toppings. | | | |
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| SATURDAY 12 | | | | | |
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