



#ChallengesTuesday



Malnutrition Task Force
Eating and drinking well in later life



**UK MALNUTRITION
AWARENESS
WEEK**

#UKMAW2022



How to do it!

We want to see you getting involved on social media! We've designed the selfie template for you to print out, fill out and pose with!

Step 1: Download the selfie-card file here and print it out.

Step 2: Write in the blank space what challenges or barriers you face delivering good nutrition and hydration, or you can tell us about your ideas and solutions!

Step 3: Take a selfie with your card, or artfully arrange it somewhere if you do not wish to be in shot!

Step 4: Use hashtags #ChallengesTuesday and #UKMAW2022



Malnutrition Task Force
Eating and drinking well in later life



**UK MALNUTRITION
AWARENESS
WEEK**

#UKMAW2022