



How to do it!

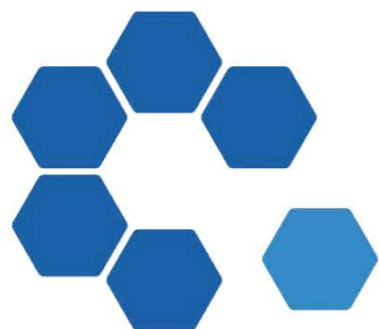
We want to see you getting involved on social media! We've designed the selfie template for you to print out, fill out and pose with!

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 #UKMAW2024



Eating and drinking well in later life

Malnutrition Task Force



**UK MALNUTRITION
AWARENESS
WEEK**

#UKMAW2024