**Social Media Posts What Are the Benefits of Cooking from Home?**

**Facebook:**

1. TIP: Did you know cooking from home delivers a lot of great benefits? LINK

2. TIP: Cooking from home isn’t just healthier, it’s cheaper too LINK

3. TIP: Want to spend more time with the family while getting healthier? Cooking at home together is a great bonding activity LINK

4. TIP: Did you know cooking at home can be a fantastic stress reliever? LINK

5. If you’re looking to get healthier, cooking at home can help. LINK

**Twitter:**

1. Cooking at home can provide a lot of awesome benefits LINK

2. Did you know you can save money by cooking at home? LINK

3. Cooking can be a great bonding activity for you and the family LINK

4. Release stress after a long day by cooking at home LINK

5. Cooking at home is a great way to get healthier LINK