**Social Media Posts Cook at Home Vs Eating Out**

**Facebook:**

1. TIP: Want to ensure the food you eat is nutritious and healthy? Cooking from home is far healthier than eating out LINK

2. TIP: If you suffer with food allergies, cooking from home is much safer than eating out LINK

3. TIP: Eating out can be a great treat for all the family, but you should try and cook most meals at home LINK

4. TIP: There are advantages of both cooking at home and eating out. So, which is better? LINK

5. TIP: Eating out can be great, but the menu can sometimes be limited. Cooking at home gives you access to thousands of dishes you can try LINK

**Twitter:**

1. Cooking from home is a lot healthier than eating out LINK

2. Cooking at home is a great option for those with food allergies LINK

3. Eating out does have its pros, but nowhere near as many as cooking at home LINK

4. Discover whether it’s better to cook at home or eat out LINK

5. Expand your food options by cooking at home. You’ll find thousands of recipes online LINK