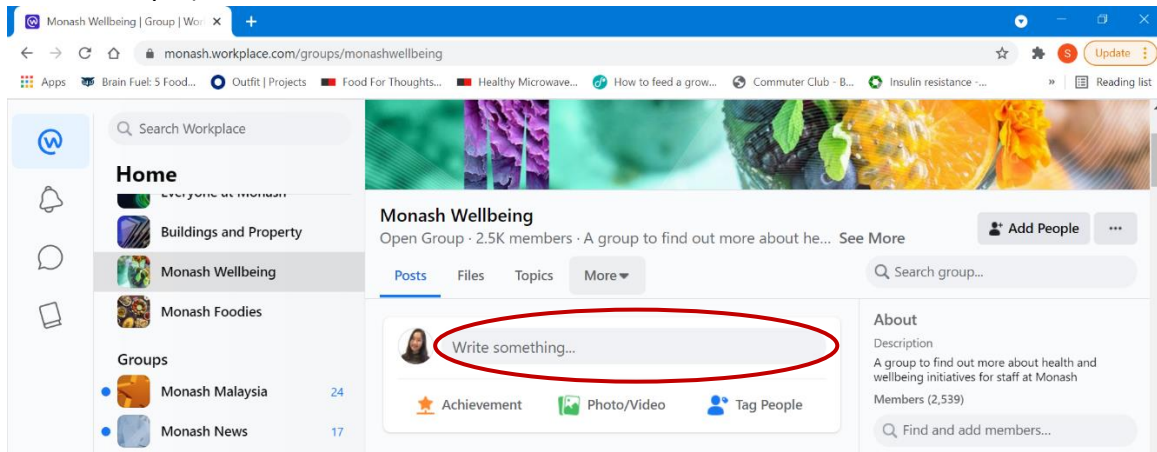
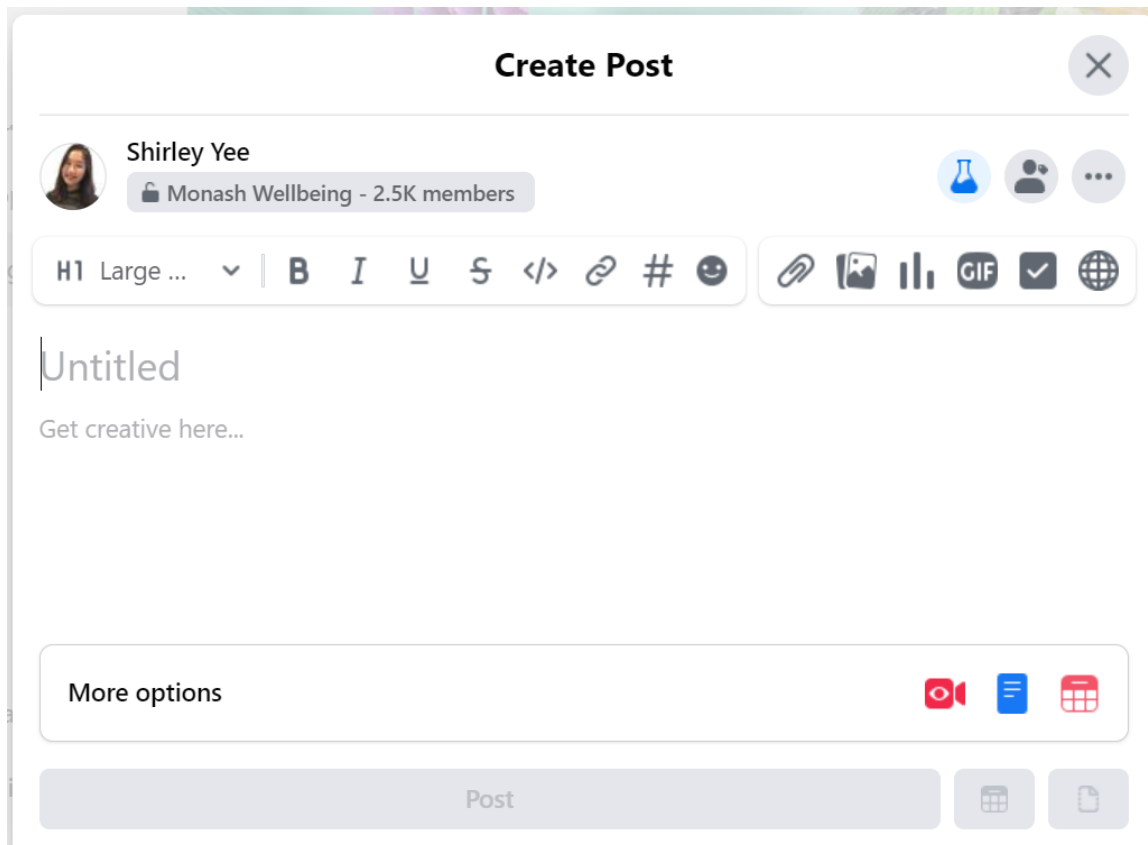


Guide to posting on Workplace

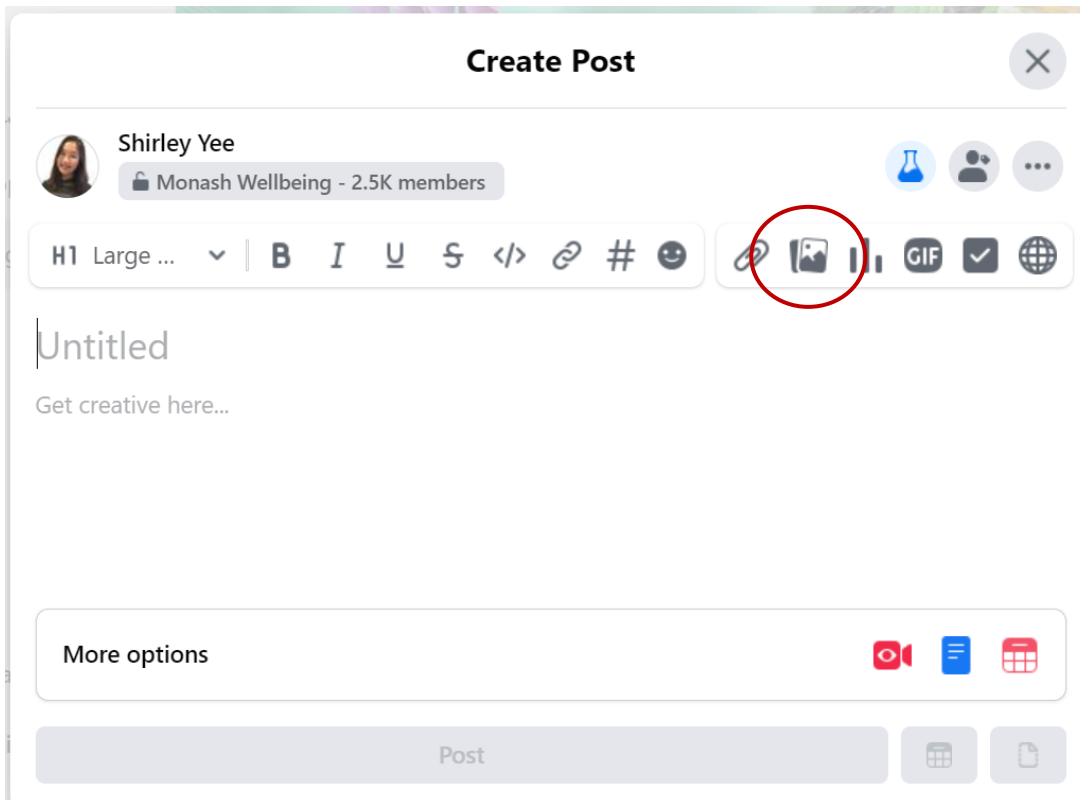
1. Type your posts into the “Create Post” section. This will bring up a pop-up box (See Step 2).



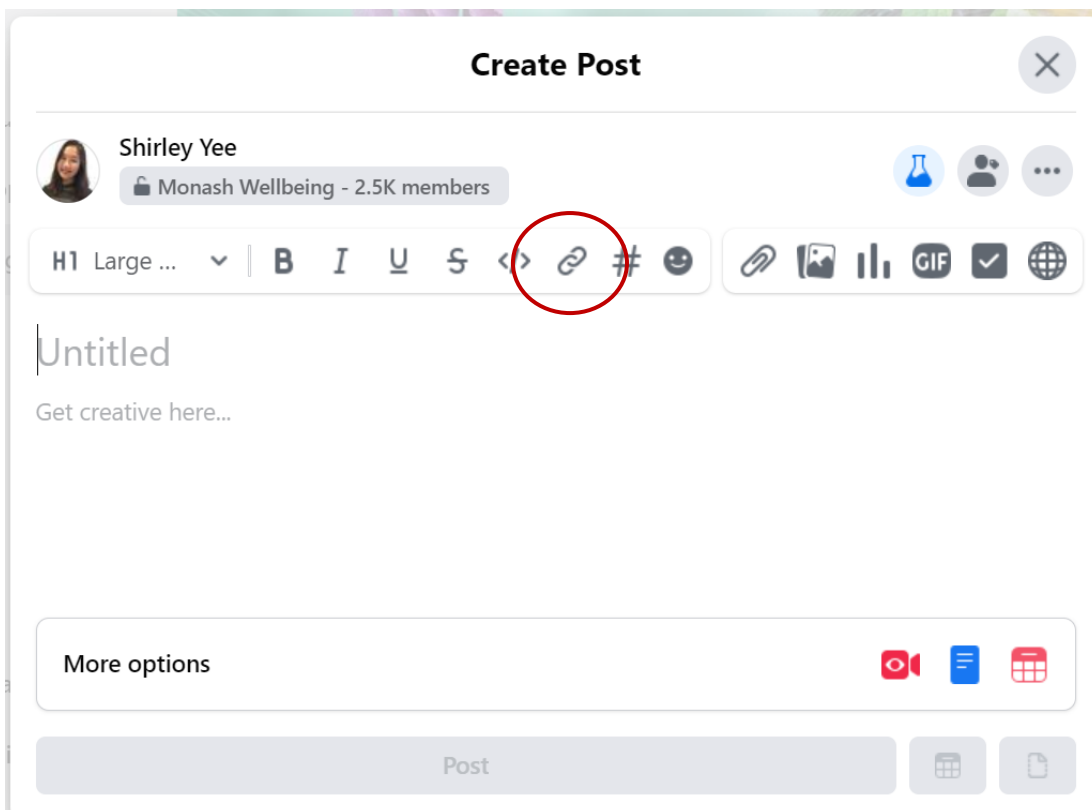
2. Type your description in the space here and tell us how you have made changes to your diet to include more vegetables.



3. If you want to share pictures/videos, click here to attach pictures/ videos with your post.



4. If you want to share a recipe, you can either type it up (Step 2) or attach a link.



5. Once you're done typing up your post, click on "post" and that's it!

