



# #ChallengesTuesday



**Malnutrition Task Force**  
Eating and drinking well in later life



**UK MALNUTRITION  
AWARENESS  
WEEK**

**#UKMAW2021**



# 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 #UKMAW2021



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