

Week Of	Post Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Ad/Boost		1	2	3	4	5	6	7
	Facebook Post 1- 5-7am	Daily Deals are back!	Elm Grove Blood Drive (Today)	Nora & Ashley's Veggie Noodles	Daily Deal (store photo)	SoLo Carb Bread	Daily Deal (recipe)	Daily Deal (store photo)
	Facebook Post 2- 10am-12pm	Happy New Year (Food Photo)	Beth Eaton Pottery (Locally Made)	Weekly Ad (New Year, New You)	Healthy recipe - salad with berries	Homemade Salad Graphic	Burrito Bowls/Meal Prep	Ithaca Hummus
	Facebook Post 3- 2-5pm	National Bloody Mary Day	January Cheese of the Month		National Spaghetti Day	Sendik's Home Cookbooks	Organicgirl Salad (store photo)	
	Twitter	Happy New Year	Beth Eaton Pottery	Nora & Ashley's	Spaghetti Day	SoLo Carb Bread	Recipe	Daily Deal
	LinkedIn							
	Instagram	Champagne/Bloody Mary				Cookbooks		
	National Food Holiday	National Bloody Mary Day			National Spaghetti Day			
Week Of	Post Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8	9	10	11	12	13	14
	Post 1- 5-7am	Sendik's Express	Daily Deal (recipe)	Daily Deal (Pineapples now crown)	Ravage Cabernet Sauvignon	Glazed Donut Day	Daily Deal (recipe)	National Soup Month
	Post 2- 10am-12pm	Share Mighty Vine tip	Yodelay Yogurt	Weekly Ad (Roast/Comfort Food)	Sendik's Circular Printing (video)	Deli/Bakery Sale	NEW Hot Bar Menu	Sendik's Home Cooking Essentials
	Post 3- 2-5pm	Orchids photo		Sushi Wednesday (Fresh/Grab 'n' Go)			Homemade Salad Graphic	Store photo - produce
	Twitter	Sendik's Express	Yodelay Yogurt	Sushi Wednesday	Ravage Cabernet Sauvignon	Glazed Donut Day	Hot Bar Menu	Vitamin C
	LinkedIn				New Year, new job?			
	Instagram	Orchids photo		Sushi Wednesday				Vitamin C
	National Food Holiday					National Glazed Donut Day		
Week Of	Post Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		15	16	17	18	19	20	21
	Post 1- 5-7am	Daily Deals (Flatbread Pizza)	Taco Tuesday - the healthy way	Daily Deal (store photo)	MACC Fund Round Up	Stock Up Sale - meat items	Daily Deal (recipe)	Daily Deal (store photo)
	Post 2- 10am-12pm	Flowers	WI Soup Company Soups	Weekly Ad (Stock Up Sale)	Grilled-to-order Paninis	National Popcorn Day	Where in the World?	Game Day - pico & guacamole
	Post 3- 2-5pm	Saxon Creamery Snowfields	Now Hiring - New year, new jobs	WI Hats	Berries on sale (store photo)	Alessi BOGO Deal	Store Photo - F2GO	Homemade Salad Graphic
	Twitter	Flowers	WI Soup Company Soups	Strawberries	Paninis	Baby Back Ribs	Sendik's Chips	Roasted Corn Salad
	LinkedIn							
	Instagram			Sendik's Home gifts		Sendik's Pop Mix	Sendik's Chips	
	National Food Holiday					National Popcorn Day		
Week Of	Post Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		22	23	24	25	26	27	28
	Post 1- 5-7am	Stock Up Sale - Sendik's Br	Daily Deal (recipe)	Daily Deal (store photo)	Flowering Plant Sale	Cream Cheese Salsa	Daily Deal (recipe)	Daily Deal (store photo)
	Post 2- 10am-12pm	Sendik's Express	National Pie Day	Weekly Ad (Chili Cookoff)	Deer Creek Snakebite Chili Re	Bud Light BOGO Deal	Rockit Apples	Lunch just got creative!
	Post 3- 2-5pm	Store Photo	Stonewall Kitchen	Peanut Butter Day/Peanut Butter	Demo Schedule for Ayoba-Yo	Store photo - F2GO Fruit C	Store Photo	MACC Round Up (few days left)
	Twitter	Apples	Great day for pie!	Bananas	Plant Sale / Ayoba-Yo	Bud Light BOGO Deal	Avocados	Toast Trend
	LinkedIn							
	Instagram	Colorful Peppers					Guacamole	
	National Food Holiday		National Pie Day	National Peanut Butter Day				
Week Of	Post Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		29	30	31				
	Post 1- 5-7am	Daily Deal (talking points)	Daily Deal (recipe)	Daily Deal (store photo)				
	Post 2- 10am-12pm	Saxon Creamery Snowfields	National Croissant Day	Sendik's Express FREE Pick Up				
	Post 3- 2-5pm			Wine Sale (Volpaia Chianti Classico)				
	Post 4- 7-9pm		Weekly Ad (Game Day)					
	Twitter		Croissant Day	Wine Sale				
	Instagram			IT Training & Applications Specialist				
	National Food Holiday		National Croissant Day					