

Malnutrition Awareness Week 2018 – Selfie Pledge

Please use the selfie pledge card to show your support. Instructions are below:

STEP 1:

Download the selfie-card file and print it out.

STEP 2:

Write in the blank space what you think there should be more conversations about when it comes to malnutrition and dehydration – or perhaps you want to share what you've been having **#MAWConversations** about recently.

STEP 3:

Take a selfie or get someone to take a photo of you holding your **#MAWConversations** suggestions.

STEP 4:

Upload your photo to Twitter or Facebook (or any social media platform) using the hashtag **#MAWConversations**, tag [@BAPENUK](https://twitter.com/BAPENUK) on Twitter and [@UKBAPEN](https://www.facebook.com/UKBAPEN) on Facebook and use the **#MAW2018** hashtag if you have room too!