

30 TWEETS FOR #ARKANSASRICEMONTH

WEEK 1 | SEPTEMBER 1 - 7

1. September is #ArkansasRiceMonth! Join us to learn about the #rice industry through Facebook, Twitter, Instagram and Snapchat. Stay tuned!
2. #FarmFactFriday Arkansas grows rice on approximately 1.6M acres this year, producing over 50% of the nation's rice. #ArkansasRiceMonth
3. Help support local farmers during #ArkansasRiceMonth. RT as your pledge to consume Arkansas-grown #rice once a week during September!
4. Did you know? Rice is Arkansas' second highest value commodity and the top agricultural export in our state?! #ArkansasRiceMonth
5. Checkout snapchat with Tori Pohlner for today's #rice info
Username: RiceArkansas! #ArkansasRiceMonth #EatARice
6. Checkout Facebook Live with Kelly Vaught, farmer's wife and teacher, this morning as we take a peek around her classroom! #ArkansasRiceMonth
7. The Arkansas Rice industry contributes more than \$4B to Arkansas' economy annually, and account for 25,000+ jobs. #ArkansasRiceMonth

WEEK 3 | SEPTEMBER 16 - 23

16. #FarmFactFriday Rice triggers your brain to produce serotonin, which boosts mood and keeps appetite in check. #EatARice #ArkansasRiceMonth
17. Did you know? Arkansas is home to 2,500 rice farms.
#SupportLocalGrowers #ArkansasRiceMonth
18. September is #ArkansasRiceMonth, so #ThinkRice when you're shopping for simple, nutritious, and sustainable foods! #EatARice
19. Naturally sodium-, cholesterol-, trans fat-, and gluten-free, rice helps meet guidelines for a healthful diet! #EatARice #ArkansasRiceMonth
20. Checkout Facebook Live with Trevor Freemyer, Sustainability Coordinator for @Riceland! #EatARice #ArkansasRiceMonth
21. By 2050, the world's population will exceed 9 billion.
RT to #ThankAFarmer for growing our food supply. #ArkansasRiceMonth
22. This September, celebrate Arkansas rice farmers, and their dedication to producing a top quality, wholesome, and sustainable crop.
#ArkansasRiceMonth
23. #FarmFactFriday 96% of U.S. farms are family owned and operated.
The average American farmer feeds 154 people! #ArkansasRiceMonth

WEEK 2 | SEPTEMBER 8 - 15

8. When making rice, double up! Rice keeps in the fridge for up to 5 days, or frozen for up to 6 months. #EatARice #ArkansasRiceMonth
9. #FarmFactFriday Rice is a versatile go-to for quick nutritional energy. Remember, 1/2 cup serving is only 100 calories! #ArkansasRiceMonth
10. Over the past 20 years rice farmers have decreased land use by 35%, energy use by 38% and water use by 53%. #ArkansasRiceMonth
11. The Arkansas Rice industry donated 1.1M servings of rice to the Arkansas Rice Depot to serve those with food insecurity. #ArkansasRiceMonth
12. One cup cooked enriched white rice has 23% of the folic acid you need every day. #EatARice #ArkansasRiceMonth
13. Checkout Facebook Live with Jennifer James, rice producer, as we explore her family farm in Newport, AR! #ArkansasRiceMonth
14. In Arkansas, managed rice fields and natural wetlands provide the single most important wintering area for North America's mallards.
@DU #ArkansasRiceMonth
15. Rice is grown in over 40 counties in Arkansas.
The top five rice-producing counties include Arkansas, Poinsett, Cross, Lawrence and Lonoke! #ArkansasRiceMonth

WEEK 4 | SEPTEMBER 24 - 30

24. Did you know there are 29,000+ grains of rice in one pound of long grain rice? #ThinkRice #ArkansasRiceMonth
25. When you choose US-grown rice, specifically from Arkansas, you #SupportLocalGrowers that make our state thrive. #ArkansasRiceMonth
26. Rice sustains the environment! Working rice fields provide safe, critical habitat for wildlife, like migratory ducks and geese.
#ThinkRice #ArkansasRiceMonth
27. Checkout Facebook Live with Johnny Sullivan from @Producers!
#ArkansasRiceMonth
28. Put some #rice on your plate, and support students in the agriculture and food industries. #ArkansasRiceMonth
29. Did you know? Rice is only produced in six states, with Arkansas being the number one producer. #ArkansasRiceMonth
30. It's the last day of #ArkansasRiceMonth, but you can #ThinkRice year-round – a sustainable food that works for all seasons!