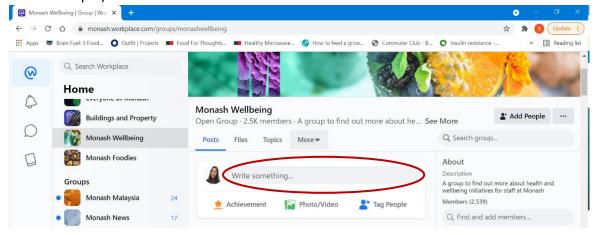
Guide to posting on Workplace

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.

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

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

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

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