

Publish Day	Holiday	Venue	Category	Tags	Topic/Title	Notes
28-Oct		Facebook	Tobacco Inequality/ Community	#clearthesmoke	All Oregonians are affected by tobacco.	
30-Oct	Halloween	Facebook	Tobacco Inequality/ Community	#smokefreeor	Re-post/grantee info	
1-Nov		Facebook	Tobacco Inequality/ Community	#clearthesmoke	Did you know... even if you don't smoke, you're paying \$1600 a household in smoking-related costs?	
5-Nov		Facebook	Tobacco Inequality/ Community	#clearthesmoke	Share inequality infographic	
4-Nov		Facebook	Youth/ Children	#clearthesmoke	Did you know 90% of all smokers start before the age of 18? We need to protect our most vulnerable from tobacco companies.	
6-Nov		Facebook	Tobacco Inequality/ Community	#clearthesmoke	The tobacco industry spends \$137 million a year in Oregon communities to promote and sell its products.	
11-Nov		Facebook	Tobacco Inequality/ Community	#clearthesmoke	Share inequality infographic	
13-Nov		Facebook	Youth/ Children	#clearthesmoke	Re-post/grantee info	
15-Nov	Great American Smokeout	Facebook	Youth/ Children	#clearthesmoke	The great American Smokeout happens this week: help protect our kids by decreasing the amount of advertising placed at counters, in store windows and in the mail.	
17-Nov	Great American Smokeout	Facebook	Youth/ Children	#clearthesmoke	Share great american smokeout content	
20-Nov		Facebook	Youth/Children	#clearthesmoke	Kids love of candy has not gone un-noticed by the big tobacco companies. Talk to your kids about the dangers of tobacco.	
22-Nov	Thanksgiving	Facebook	Youth/Children	#smokefreeor	Re-post/grantee info	
25-Nov	Thanksgiving	Facebook	Cessation	#smokefreeor	We know smoking is hard. When you're ready to quit, we're here to help. Call 1-800-QUIT-NOW	
27-Nov	Thanksgiving	Facebook	Cessation	#smokefreeor	Know somebody who is struggling to quit? Talk to them. Lend support. Smoking is addictive.	
28-Nov	Thanksgiving	Facebook	Cessation	#smokefreeor	Holiday stress have you reaching for a smoke? Call 1-800-QUIT-NOW for support.	
2-Dec		Facebook	Youth/ Children	#clearthesmoke	Tobacco companies are no longer allowed to advertise with cartoon characters, but that doesn't mean they aren't still targeting your kids	
4-Dec		Facebook	Youth/ Children	#clearthesmoke	Advertising works! It's been proven that advertising by tobacco companies help to initiate youth smoking.	

6-Dec		Facebook	Tobacco Inequality/ Community	#clearthesmoke	Did you know that in minority communities, there are more tobacco retail outlets than in white communities?
9-Dec		Facebook	Youth/ Children	#clearthesmoke	Did you know nationwide 50% of all cigarettes are sold at convenience stores? And that 2/3 of teenagers visit a convenience store once a week. Your kids are being targeted by tobacco companies.
11-Dec		Facebook	Tobacco Inequality/ Community	#clearthesmoke	Today in Oregon, smokefree air and a tobacco-free life are out of reach for far too many people.
13-Dec		Facebook	Tobacco Inequality/ Community	#smokefreeor	Re-post/grantee info
16-Dec		Facebook	Tobacco Inequality/ Community	#clearthesmoke	Minority communities, specifically African American lower-income communities, are disproportionately targeted by tobacco companies via point of sales advertisements, compared with affluent White communities. Tobacco companies are targeting our neighbors. They are targeting us.
18-Dec		Facebook	Tobacco Inequality/ Community	#clearthesmoke	What can you do as a non-smoker? Be supportive. Smoking is addictive. Encourage your friends, loved ones and neighbors to quit. Help them get support. Call 1-800-QUIT-NOW for more information.
20-Dec		Facebook	Tobacco Inequality/ Community	#smokefreeor	Re-post/grantee info
23-Dec	Christmas	Facebook	Cessation	#smokefreeor	Former smokers: How many times did you try quitting before you stopped for good?
25-Dec	Christmas	Facebook	Cessation	#smokefreeor	What was your motivation for quitting tobacco?
31-Dec	New Year's Eve	Facebook	Cessation	#smokefreeor	What are your tips for staying tobacco free?
1-Jan	New Year's	Facebook	Cessation	#smokefreeor	Ready to make a change for the new year? Call 1-800-QUIT-NOW for help.
6-Jan	New Year's	Facebook	Environment	#clearthesmoke	Even if you don't smoke cigarettes, tobacco waste could affect you, your family and your pets.
8-Jan	New Year's	Facebook	Environment	#clearthesmoke	Cigarette butts are the most prominent litter item on U.S. roadways.
10-Jan	New Year's	Facebook	Environment	#clearthesmoke	More than a million cigarettes and filters were removed from American beaches and waterways. That totals 31% of all debris collected!

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13-Jan	Facebook	Tobacco Inequality/ Community	#clearthesmoke	Did you know the tobacco industry spends more money advertising in traditionally African-American magazines?
15-Jan	Facebook	Tobacco Inequality/ Community	#clearthesmoke	The tobacco industry specifically targets the Latino community because they are more “brand-loyal”
17-Jan	Facebook	Tobacco Inequality/ Community	#clearthesmoke	What can you do as a non-smoker? Tune in to what’s going on around you. Watch what happens in your neighborhoods. Know where your kids are going after school and during lunch breaks.
20-Jan	Facebook	Tobacco Inequality/ Community	#clearthesmoke	Did you know point-of-sale tobacco advertisements are more prevalent in minority communities? That means tobacco companies are getting around the law through tailored promotional activities.
22-Jan	Facebook	Tobacco Inequality/ Community	#clearthesmoke	Do you visit convenience stores in your neighborhood? Do you see tobacco advertising?
24-Jan	Facebook	Tobacco Inequality/ Community	#clearthesmoke	What can you do as a non-smoker? Share information. Be knowledgeable about how smoking affects all Oregonians.
27-Jan	Facebook	Environment	#clearthesmoke	Did you know that cigarette butts do not decompose completely? They may look like cotton, but they’re actually plastic filaments.
29-Jan	Facebook	Environment	#clearthesmoke	Did you know the chemicals released from cigarettes and filters can seep back into the water/ground—including playgrounds and parks?
31-Jan	Facebook	Environment	#clearthesmoke	Share environment infographic
3-Feb	Facebook	Youth/ Children	#clearthesmoke	Tobacco companies get kids hooked by promoting flavored tobacco.
5-Feb	Facebook	Youth/ Children	#clearthesmoke	Share youth infographic
7-Feb	Facebook	Youth/Children	#clearthesmoke	Have you talked to your kids about not starting to smoke? What do you tell them?
10-Feb	Facebook	Youth/Children	#clearthesmoke	Did your parents influence your decision to be tobacco free? Talk to your kids about the dangers of smoking.

12-Feb		Facebook	Youth/Children	#clearthesmoke	Tobacco companies are targeting your children. Even if they aren't on cereal boxes and in cartoons.
14-Feb	Valentine's Day	Facebook	Youth/Children	#clearthesmoke	Happy Valentine's Day! Love your children. Love yourself. Talk to your kids about candy flavored tobacco and how it can affect them.