

How to Use These Social Media Captions

These ready-to-use captions are designed to make it easy for organizations to promote alcohol-free pregnancies this summer. Each caption is paired with a simple mocktail recipe and includes a message that supports individuals and families in your community.

Here's how to use them:

1. **Pick a caption** below that fits your audience and voice.
2. **Download or create an image** of the featured mocktail (or use your own summer-themed photo of an alcohol-free drink).
3. **Copy and paste** the caption into your social media platform (Facebook, Instagram, X, LinkedIn, etc.).
4. **Include the link** to proofalliance.org as shown in the caption.
5. **Add relevant hashtags** (optional but helpful): #MocktailMoment #AlcoholFreePregnancy #ProofAlliance #FASDAwareness

Tips:

- Don't worry about posting on every platform—choose the one where you're most active.
- Tag @ProofAlliance where applicable to join the wider conversation.

Citrus Mint Sparkler

Option 1:

Summer is a perfect time to remind families and communities about fetal alcohol spectrum disorders (FASD) and the importance of alcohol-free pregnancies. Mocktails can be fun, refreshing and inclusive for everyone—especially for pregnant people. Try this *Citrus Mint Sparkler* with orange juice, sparkling water and mint. Brought to you by @ProofAlliance.

#AlcoholFreePregnancy #FASDAwareness #Mocktails

Option 2:

Join Proof Alliance in promoting alcohol-free pregnancies this summer with simple, inclusive mocktails like the *Citrus Mint Sparkler*. It's made with orange juice, sparkling

water and fresh mint—perfect for warm weather gatherings. Find more at proofalliance.org.

#HealthyPregnancy #MocktailMoment #ProofAlliance #FASDAwareness

Watermelon Lime Cooler

Option 1:

Summer is a great time to share supportive messages about alcohol-free pregnancies. Proof Alliance encourages mocktails like the *Watermelon Lime Cooler*—a simple mix of blended watermelon, lime juice and ice. Refreshing and safe for everyone. Learn more at proofalliance.org.

#FASDAwareness #SummerMocktails #AlcoholFreeChoice

Option 2:

Mocktails like the *Watermelon Lime Cooler* help make gatherings inclusive and supportive for everyone, especially pregnant people. This summer, Proof Alliance invites you to help spread the word about alcohol-free pregnancies. Get the recipe and more at proofalliance.org.

#AlcoholFreePregnancy #MocktailSeason #ProofAlliance #FASDAwareness