

Designing a Facebook Post

- Pick an image from this [folder](#) or use one of your own.
Optimal Facebook size: 1,200 x 630 pixels
- Pair it with any message from the list below.

Designing a Twitter Post

- Pick an image from this [folder](#) or use one of your own.
Optimal Twitter size: 1024 x 512 pixels/ ~26 x 13cm (max 5mb).
- Pair with one of shorter messages below
- [Use bitly](#) or another service to shorten your links if needed

Bring back buffers! Buffer restoration or construction helps NH protect water quality—and many other good things. [Link to results overview or your blog post.](#)

DYK that restoring or constructing buffer lands supports clean water, wildlife habitat, and flood control? And that NH communities can get credit for doing it? [Link to results overview or your blog post.](#)

NH is Going Green! New science-based approach is helping communities receive credits for buffer restoration or construction. [Link to results overview or a blog post.](#)

Betting on Buffers: There are many opportunities to restore buffers or build new ones in NH. It's a good investment for the future! [Link to results overview or a blog post.](#)

Have a tricky coastal management problem? Why not go FAST? [Link to process overview or a blog post.](#)