



**30 FREE
INSTAGRAM
CAPTIONS**

AN·O·MIE MEDIA

Business Announcements

1. We are SO excited to announce ____ (product launch, seasonal offering, new class). After months of preparation, we know you're gonna love it!
2. Ever wanted to ask questions about _____ (topic related to your business)? Today I am hosting a ____ (Instagram live, FB live) Q+A at 3:00pm... drop your question below and I will answer it!
3. It's December, and you know what that means! New seasonal _____ (class schedule, products, contest, etc). Happy Holidays!
4. We are excited to finally announce our recent collaboration with _____ (partner) to bring you ____ (new product, event, course offering). Let us know what you think!
5. Ever wanted to know how to _____ (common questions related to your business)? I've got all your questions answered on the blog today! Check it out (link in bio).

Meet the Team!

6. Meet _____. When she's not _____ (task related to your business) you can find her ____ (activity) or watching (favourite tv show). Come by and say hi!
7. Quirky. Silly. Always smiling. Meet _____ (name of employee).
8. We are family around here. (team photo).
9. Ever wonder what it's like to work at ____ (your business)? Get a behind-the-scenes look on Instagram stories tomorrow!
10. Our motto is simple: _____ (e.g Do what you love. Help others.)

Cafe Captions

11. We are ready for you! Stop by and say hi! Tag your favourite coffee date!
12. It's a top-knot and double-shot kind of morning.
13. Life happens. Coffee helps.
14. Stop by for your daily dose of caffeine and good vibes!
15. ____ (barista) is steaming up your favourite drinks on the espresso bar this morning! Come by and ask her about _____ (her vacation, her pet, new seasonal drinks menu).

Out of the Office

16. I'm packing for ____ (location) and am so excited! I've got my ____ (list of travel essentials). Did I forget anything??
17. Saturday mean time to adventure. I'm headed ____ (local location). What are your weekend plans?
18. Sometimes you need to get out of the office. Enjoying this view!
19. "You can't use up creativity. The more you use, the more you have"
-Maya Angelou.
20. Come along on my holiday to ____ (location)! I'll be sharing on Instagram stories this week all about my trip. What is your favourite place to vacation?

Lifestyle Captions

21. Most days you will find me ____ (hobby or activity). I find when I take time for myself I become so much more productive. What hobby do you enjoy in your free time?

22. Today I am headed to ____ (city) for ____ (event). What are the BEST places to ____ (eat, sightsee, etc)?

23. Some days a very large coffee is needed. I love visiting ____ (local coffee shop) for some much needed caffeine and time to recharge.

24. "Most of us spend too much time on what is urgent and not enough time on what is important." -Stephen Covey. Set your intention before life gets distracting.

25. Donuts are always a good idea. Especially if they come with _____ (topping of choice). Happy Friday!

Fun Insta-Holiday Captions

26. It wouldn't be the same around here without @___ and @___ (list employees). We appreciate all your hard work, smiles and dedication #employeeappreciationday (March 3: Employee Appreciation Day)

27. I don't know about you, but around here we LOVE Donuts. It's kind of a problem (June 2: National Donut Day)

28. Best Pizza in town has got to be @___ (list local pizza spot). We love supporting local business- especially when it tastes this good! (November 12: National Pizza Day)

29. Holiday cookies, is there anything better? What's your favourite? (December 4: National Cookie Day)

30. We love to pay it forward. Today for #randomactsofkindnessday we are going to be _____ (special offer or contest)! (February 17: Random Acts of Kindness Day).