

Find Communities for below topics on FB and Reddit

1. Millets

Name	Type	Members	Post Frequency
Millets	Public group	3.8K members	3 posts a day
Super Millets Community	Public group	381 members	3 posts a week
Millets for health	Public group	22K members	4 posts a month
LETS MILLET	Public group	1.8K members	8 posts a month
Millet Recipes	Public group	6.8K members	8 posts a month
Millets	Public group	244 members	5 posts a week
Healthy Millets Community	Public group	119 members	5 posts a week
Millet Recipes	Public group	159K members	7 posts a day
MILLET BUYERS	Public group	250 members	6 posts a week
Traders- Organics & Millets	Public group	2.3K members	3 posts a week
Millet for Life	Public group	52 members	8 posts a month
Miracle Millets	Public group	15K members	4 posts a week
Millets - Organic Farming - Chemical Free Food & Health.	Public group	16K members	10 posts a week
Cooking with Millets	Public group	204K members	6 posts a day
Healthy Millet Recipes	Public group	50K members	3 posts a day

2. Organic Vegetable Gardening

Name	Type	Members	Post Frequency
Organic Gardening	Public group	138K members	10+ posts a day
Grow Organic Vegetable Gardening	Public group	10K members	10 posts a day
Planting Organic Vegetables and fruits (Gardening)	Public group	115K members	3 posts a day
Organic Gardening for Better Life	Public group	6.5K members	5 posts a day

Organic Gardening Tips and Ideas - India	Public group	26K members	50+ posts a week
Gardening tips	Public group	150K members	5 posts a day
Home Grown - Vegetable and Fruit Gardens	Public group	26K members	10 posts a day
Organic Terrace Gardening.	Public group	49K members	10+ posts a day
ORGANIC FRUITS AND VEGETABLE BUY AND SELL	Public group	5.6K members	3 posts a day
All India Organic Vegetable & Fruit Farmers & Traders Association	Public group	25K members	10 posts a day
Backyard Gardening	Public group	84K members	5 posts a day
Home Gardening	Public group	18K members	10+ posts a day
Vegetable garden	Public group	17K members	2 posts a day
Organic Gardening	Public group	349K members	10+ posts a day
Organic Vegetable and Gardening	Public group	540 members	3 posts a week

3. Weight Loss

Name	Type	Members	Post Frequency
diet plan for weight loss	Public group	15K members	10+ posts a day
Weight Loss USA 🇺🇸	Public group	69K members	10+ posts a day
Weight Loss & Diet Plans	Public group	12K members	8 posts a month
Weight Loss Diet Plan's	Public group	20K members	3 posts a week
Weight Loss Tips That Really Work	Public group	141K members	20 posts a week
Diet Plan For Weight Loss	Public group	43K members	50+ posts a week
Weight Loss & Diet Plans	Public group	3.4K members	8 posts a week
WEIGHT LOSS PLANS	Public group	39 members	-
Weight loss plans	Public group	51 members	-
Healthy Weight Loss and Dieting Tips	Public group	53K members	10+ posts a day
Weight Loss Meal Plans	Public group	80 members	8 posts a year