

July Social Media Posts for General Use

For Twitter:

Fresh fruit, dried fruit, cut up veggies—they're all convenient & #healthy take along snacks for hitting the pool or beach this weekend!

We've got 11 delicious & nutritious summer menus full of fruits & veggies! ow.ly/b7EP2

Snacking on some sweet blueberries! 1 c. = 100 cal. 3 grams fiber & they're packed w/antioxidants. Can't beat that! ow.ly/b6B2L

#MyPlate guidelines recommend water, low-fat/fat-free milk or 100% juice instead of sugar-added beverages.

What veggies grow in the shade? Should I put grass clippings in my garden? See our #gardening FAQs: ow.ly/b6yGw

Barbeques don't have to mean high fat/high calorie foods—marinate veggies in herbs, olive oil/balsamic vinegar & throw on the grill!

In a pie, added to salad or on-the-go ...the Top 10 Ways to Enjoy Cherries: <http://ow.ly/b9LXL>

Asian Mango & Chicken Wraps are an ideal summer lunch or light dinner entree: <http://ow.ly/bfwtM>

Too hot to cook? Then you'll love our Mixed Greens w/Fresh Oranges & White Beans #healthy plate: <http://ow.ly/bfxl1>

Grilled Steak & Peppers Salad w/Pears is the perfect #healthy plate for your next cookout! <http://ow.ly/bfxAr>

Tomatoes are high in Vitamins A & C and a good source of potassium. They're in season & we've got 10 ways to enjoy them <http://ow.ly/bfxYA>

Buy produce in season--it's at the peak of flavor & saves you money! Here's what's plentiful now: <http://ow.ly/bfyoC>

It's National #Grilling Month! Add veggies like eggplant, onions, mushrooms, squash & peppers to your kebabs!

(For July 3rd) Today is Eat Beans Day! Beans in your #diet add protein, fiber, vitamins & minerals, plus they're budget-friendly!

#DidYouKnow the average ear of corn has 800 kernels arranged in 16 rows? Get more info on this summer veggie: <http://ow.ly/bAjH2>

Our Beach Ball Game is perfect for the pool, beach or park. The fun way to get kids motivated about #healthy eating! <http://ow.ly/bAkcF>

Jumping rope is a fun way for your kids to get exercise this summer! Our jump rope is on special this month: <http://ow.ly/bAkxE>

Make your own frozen treats at home by freezing 100% juice in ice cube trays for a refreshing snack or add to water for a burst of flavor!

Fruits/veggies make great portable snacks for a day at the pool, park or beach. Here are some on-the-go ideas: <http://ow.ly/bAluN>

5 Do-It-Yourself Garden Projects for Kids to try this month: <http://ow.ly/bAlZ9>

Canned beans are a quick & healthy addition to your 3-bean salad recipes—the perfect picnic side dish!

Got the afternoon munchies? Here's what you get for 100 calories:(hint: you get more when you choose fruits & veggies) <http://ow.ly/bmX7C>

Vegetable #Gardening 101: Your guide to homegrown fruits & veggies! <http://ow.ly/bBiO1>

Keep a bag of dried fruit in your desk for those days when the afternoon munchies hit. It's a convenient & #healthy snack.

Buying a combination of fresh, canned, frozen, dried & 100% juice maximizes #nutrition, minimizes waste & saves you money!

Skip the mayo & add some kick w/our Southwestern Coleslaw at your next picnic: <http://ow.ly/bBweD>

Keep frozen fruit on hand for quick desserts & smoothies. They contain all the nutrition of fresh & are ready when you need them!

Don't let your summer produce go bad--print & post our handy sheet on storing fresh produce: <http://ow.ly/bBxyd>

Give your family a meal makeover! Better #nutrition = better value with these simple changes: <http://ow.ly/bBxXT>

More variety = better #nutrition! Learn how to create a rainbow on your plate for a healthier meal: <http://ow.ly/bBym8>

For Facebook:

What's your favorite picnic side dish?

- Corn-on-the-Cob
- Potato Salad
- Coleslaw
- Three Bean Salad
- Watermelon

How do you use up the extra zucchini your garden produces?

Tell us the ingredients for a perfect summer salad:

What are your favorite take-a-long snacks for a day at the beach or pool?

- fresh fruit
- cut up veggies
- dried fruit/nut mix
- applesauce packs
- fresh salsa & baked chips