

AUGUST SOCIAL MEDIA POSTS

Holidays/Celebrations

It's National Sandwich Month--remember to add #healthy toppings like greens, onion, tomatoes, sprouts, olives & cucumbers!

What's your favorite sandwich combo? Check out these amazing recipes for National Sandwich Month: <http://ow.ly/hJgQ302AiYI>

@Fruits_Veggies shares ideas to get your mind right for Back to School Month: <http://ow.ly/at22302AIEF>

HEALTHY eating begins at home! See 5 ways to make ur student a POWERFUL breakfast for Back to School Month: <http://ow.ly/ziTwo>

Feeling PEACHY? For Nat'l Peach Month, enjoy the sweetness of this plump fruit in these recipes: <http://ow.ly/Q8R5P>

Time for a lil' PEACH 101! Learn all about the anatomy of a peach for National Peach Month: <http://ow.ly/Pwpu302AoDh>

August is Kids Eat Right Month! Our mom blogger lays out a healthy foundation for your kids: <http://ow.ly/PW8M302AqsI>

FAMILY FRUIT & VEGGIE CHALLENGE: Try a new FV every week then build a meal/snack around it – remember all forms count! #NationalFamilyMonth

Make it a team effort & get healthy...TOGETHER! Here are ways to enjoy a nice family dinner with FVs: <http://ow.ly/rqYF302Askn>

#DidYouKnow kiwifruit can be used as a natural meat tenderizer? It's Get Acquainted w/Kiwifruit Month -- learn more: <http://ow.ly/Kmm5302AHfK>

Recipes

Our #WCW (#WrapCrushWednesday) goes to...*DRUMROLL PLEASE* Grilled Chicken Lettuce Wraps --> ow.ly/lYsf30dJW4T

This Grilled Chicken and Avocado Quinoa Pilaf recipe from @Fruits_Veggies is simply irresistible! <http://ow.ly/nHFL302AOIZ>

Enjoy BOWL-loads of flavor when you try a Strawberry Shrimp Zucchini Noodle Bowl: ow.ly/tlnK30cSRUa

Dreamin' of a trip to the tropics? This Peach Smoothie will have you feelin' like you're in paradise! <http://ow.ly/FEb1302AU7w>

Enjoy one of the best bites of your life with this Chicken Teriyaki Sandwich -->
<http://ow.ly/WfRA302AVQ3>

Check out these Kiwifruit-Grape Kebabs from @Fruits_Veggies: <http://ow.ly/95bC302AZ3x>

Cool, refreshing, nutritious, delicious --> Cucumber Blueberry Salad: <http://ow.ly/7gtQ30cSSar>

How about this for a #MeatlessMonday #meal? #Grilled #Avocado and #Chioggia #Beet #Salad!
ow.ly/KoEn30dl4tA

Chef Andrew Dole, RD shares how to properly prep Tofu + Chimichurri Tofu Tacos! ow.ly/whBr30dl5Ow
#TacoTuesday

Stumped on what to make for dinner? Try this Roasted Squash and Eggplant Casserole with Chicken -->
<http://ow.ly/U24I302owLd>

Skip the cakes and cookies and indulge in a Fruit Salad w/Citrus Sauce: <http://ow.ly/OoniX>

General

EAT UR WATER! Boost your energy, curb your hunger, & feel instantly refreshed! Learn more:
ow.ly/vc3G30dBEoL

#DidYouKnow You can use lemons in place of salt? Read More --> ow.ly/vJih30dzJWT

#TipoftheDay: Teach children to read food labels so they can help plan healthy meals.

How can you resist nature's juicy fruit? You can't! We share TEN ways to enjoy WATERMELON!
ow.ly/pu7T30dw5D5

Add lots of lettuce, tomatoes, onions, sprouts, or other vegetables to your turkey burgers.
#BuildABetterBurger

Poor nutrition in infancy can lead to poor nutrition later in life? Find out + ways to get the kiddies to love
FVs: <http://ow.ly/ZdB7302zNy0>

Can the calories from excessive fruit & vegetable consumption hinder weight loss efforts? Find out from
our expert: ow.ly/29aO30dJWma

#TipoftheDay: Eat a diet that's low in saturated fats, trans fats, cholesterol, salt (sodium), and added
sugars.

Let's get PHYSICAL! Learn the importance of physical activity in healthy weight management:
<http://ow.ly/vugg302zS0D> #MotivationMonday

There are plenty of perks for you & your fam for going 'MEATLESS' just ONE day out of the week! Check
em' out: <http://ow.ly/CFmL302zTd2>

See the season's best fruits and veggies all in one place! ow.ly/cNyP30dBfQD

Fill your plate with delicious FVs! Get summer meal ideas from @Fruits_Veggies: <http://ow.ly/Om863>

Throw away the measuring cups—just follow the #MyPlate guidelines & you'll be sure to get your daily requirement of fruits & veggies!

Beth Stark, RD shares the best way to skew, flavor, and grill KEBABS! Check out these grilling tips + 3 NEW FLAVORS! ow.ly/tSRJ30di22u

Wondering when to harvest #eggplant? @Fruits_Veggies expert has the answer: <http://ow.ly/J4EE302Agpi>

Check out this recipe for easy grilled artichokes and kick-up your next #BBQ or picnic! <http://ow.ly/7L3o302w7wG>

#DidYouKnow it takes apple trees 4-5 years to produce their first fruit?

FRESH, FROZEN, CANNED, DRIED, & 100% JUICE -- whatever floats your boat! Just remember ALL FORMS of FRUITS & VEGGIES COUNT toward daily goals!

Do your body good! Get the nutrients you need from FRUIT and VEGGIES!

Physical activity is not just about the gym! See other, everyday ways you can be physically active --> <http://ow.ly/X7cKY>

Road trip! Family fun day should be FUN, yet HEALTHY! @Fruits_Veggies can make your day w/these tips & ideas: <http://ow.ly/Ame0302BqnJ>

End the summer with a bang! Check out entertaining tips, tricks, and recipe ideas from @Fruits_Veggies: <http://ow.ly/ZjRk302BuR5>

#TipoftheDay: Don't forget that applesauce cups are a quick snack and easy to pack in lunches.
#BacktoSchool

Busy schedule? We've got quick meals --> <http://ow.ly/Ubx6302BwhM>

Fiber helps u feel full, which can help w/ weight management. Find out which FVs are high in fiber: <http://ow.ly/zkav5>

In a hurry? Get in & out of the supermarket faster w/our Top 5 Fruit & Veggie Shopping Tips: <http://ow.ly/mPo1O>

#DidYouKnow long-term #stress can add inches to your #waistline? Get the facts + ways to manage your stress! ow.ly/3xfk30cOPwi

Kick the candy to the curb! Grill pineapple, peaches or mango. Top w/ a dollop of low-fat ice cream, frozen yogurt or sherbet. #SweetTooth...satisfied!