

DECEMBER SOCIAL MEDIA POSTS

Holidays/Celebrations

Join us & @superfreshgrwrz as we get #Fit4FVs on 12/2 @ 4pm ET! We're sharing ways to shake those holiday pounds! #Tips #recipes #prizes

Beat the holiday slump & get #Fit4FVs with us & @superfreshgrwrz on 12/2 @ 4pm ET! We're sharing tips to keep your holiday season healthy!

Join us & @superfreshgrwrz on 12/2 @ 4pm ET for our #Fit4FVs Twitter party! Learn how to keep the pounds down during the holidays!

December is National Pear Month, and @Fruit_Veggies is going to tell you all about them -->

<http://ow.ly/ULYMA>

PEAR-LICIOUS & NUTRITIOUS! Pears are packed w/ fiber, vitamins & minerals. Try these 100-cal gems in these recipes for National Pear Month: <http://ow.ly/UM3Qs>

Take a trip to the tropics for Tropical Fruits Month! Or just feel like you're there with our Tropical Jerk Shrimp w/ Melon Salsa: <http://ow.ly/r5ufk>

Tap into your inner cabinet for Tropical Fruits Month! Canned tropical fruits give u a boost of vitamins and nutrients, and keep for the long haul!

Recipes

Toss out the take-out menu, and make your own restaurant-quality meal in less than 30:

<http://ow.ly/UM6N2>

Lighten the load for lunch and enjoy this scrumptious Tropical California Avocado Salad:

<http://ow.ly/UM7NW>

What better way to warm the soul than a nice warm bowl of Grandma's Chicken Vegetable Soup:

<http://ow.ly/UM8kq>

Pears in Orange Sauce from @Fruit_Veggies is the perfect dessert for any occasion: <http://ow.ly/UOCiw>

It's beginning to TASTE a lot like Christmas! Try this Roasted Turkey Tenderloin w/Onion-Apple Compote from @Fruit_Veggies: <http://ow.ly/UODOd>

General

Welcome chefs, Alex Caspero, RD & Andrew Dole, RD into your home -- they offer sound advice & tips to help you eat more FVs + more: <http://ow.ly/Q98wG>

Feeling a little sluggish after that huge holiday meal? Check out these tips from @Fruit_Veggies to avoid that after-meal slump: <http://ow.ly/TDomX>

Keep it HEALTHY for the holidays! Check out these tips & ideas from @Fruits_Veggies:

<http://ow.ly/TDoWV>

#TipoftheDay: Always remember -- all forms of fruits and veggies count! Fresh, frozen, canned, dried, and 100% juice!

What's on the menu tonight? This Mozzarella Basil Chicken w/Roasted Grape Tomatoes will receive a standing O: <http://ow.ly/UMc8O>

@Fruits_Veggies knows how to get the holidays off to a delicious & healthy start! Try this Sweet Potato and Apple Casserole: <http://ow.ly/UMcuF>

What do you call a stolen yam? A hot potato! LOL, @Fruit_Veggies is hilarious! #FridayFunny #TGIF #HealthyHumor

Boil diced or crushed tomatoes in a veggie or chicken broth for the base of a homemade tomato soup! Add fresh herbs and spices to make your own unique recipe.

There are many ways to eat pears -- @Fruits_Veggies shares their top ten --> <http://ow.ly/UMd1D>

What did the father tomato say to the baby tomato while on a walk? Ketchup, LOL get it? #HealthyHumor #FridayFunny

Serve your guests nothing but the best! Whip up this Tropical Fruit Guacamole: <http://ow.ly/UOCJS>

A Winter Wonderland of FVs! Here's what's in season: <http://ow.ly/UOEnD>

#TipoftheDay: Buy in bulk. Buy frequently-used ingredients in bulk -- like beans and frozen vegetables.

#TipoftheDay: Skip the cake...but you don't have to skip dessert! Fruits are a delicious and cheap alternative to more costly desserts.

Chestnuts are in season -- before roasting them on an open fire, learn all about them:

<http://ow.ly/UOGg1>

There's nothing like a warm bowl of soup to soothe the soul! Here are TEN reasons why you should make soup: <http://ow.ly/DxbaL>

We all know FVs are full of nutrients! Check out @Fruits_Veggies FV database to learn more about your produce favs: <http://ow.ly/Ey3WQ>

Why did the grape stop in the middle of the road? It saw the apple turnover! Lol, get it? #HealthyHumor #TGIF #FridayFunny