

December Social Media Posts

For Twitter:

December is National Pear Month--poached, preserved or in a chutney, there are so many ways to enjoy! <http://ow.ly/dYSLV>

(12/1)

Today is Eat a Red Apple Day & when u consider apples are fat free, low in calories, low in sodium & high in fiber, you'll want 1 every day!

Get ahead of the game for the holiday season & make sure you have a well-stocked pantry! See the list: <http://ow.ly/fhutm>

Chestnuts roasting on an open fire ...yum! And they're high in fiber & low in fat compared to other nuts! Learn more: <http://ow.ly/fhv1W>

Buy cranberries now while they're in season & budget friendly! Freeze them for use at a later date: <http://ow.ly/ffoD4>

Be careful not to overdo it this holiday season--learn how to maintain [#healthy](#) blood sugar levels: <http://ow.ly/fcqtT>

The season of giving is here! Consider donating more fruits & veggies to your local food banks--here's how: <http://ow.ly/f9CyO>

Collard greens, tangerines & leeks are a few fruits & veggies in season right now--get the full list! <http://ow.ly/fhFe6>

Give a gift from the heart & a [#healthy](#) one too! 2 delicious recipes perfect for gift giving: <http://ow.ly/fhFNa>

The holiday season can be hectic--here are tips for adding [#nutrition](#) to your meals when you're on-the-go: <http://ow.ly/fhGn0>

Frozen & canned veggies are great additions to your holiday casseroles! They're convenient, nutritious & budget-friendly so stock up!

If making a fruit dish, consider frozen fruit, freezing locks in flavor & nutrition + they're ready to use anytime! ow.ly/anP5E

Quick & [#healthy](#) holiday snack idea--dried fruit & nut mix--full of fiber & protein & lower in sugar than store bought snack mixes!

If your holiday punch calls for juice, make sure it's 100% fruit juice--you'll be adding 1 more serving to your day!

Need a quick dinner idea? Mushroom Sloppy Joes! Get everything you need to recreate this [#healthy](#) plate: <http://ow.ly/fhID1>

Our featured [#healthy](#) plate Hearty Santa Fe Pumpkin Soup will satisfy you on a cold winter's night! Make this recipe: <http://ow.ly/fhJgZ>

Give your plate a makeover the #MyPlate way! New plate photos just added, learn how to make the healthy version! <http://ow.ly/fhJJI>

Is it true Americans can't survive the holidays without putting on weight?? Get the answer & our advice: <http://ow.ly/fhKns>

Pomegranates are popular this time of year--your Produce Man has ideas on how to prepare this unique fruit: <http://ow.ly/fhKNI>

Keep the kids happy! Top 5 #healthy treats for kids: <http://ow.ly/fhL4e>

Guests, decorating & shopping--when life gets crazy we've got seasonal 30 Minutes or Less recipes to the rescue: <http://ow.ly/fhLnK>

Think you can't enjoy your favorite holiday food with a #healthy diet? Not true--it's all about balance--here's how: <http://ow.ly/fhLVV>

#DoYouKnow the difference between a Mandarin & a Tangerine?? Your Produce Man explains: <http://ow.ly/fhMIk>

Got leftovers? Don't let them go to waste--just follow Fruit & Vegetable Storage 101: <http://ow.ly/fhN7D>

Work parties, happy hours, holiday dinners--here's how to stick to a #healthy diet while dining out: <http://ow.ly/fhNwB>

Are you doing a lot of cooking/baking for the holidays? Tips to let your kids help out in the kitchen: <http://ow.ly/fhNZO>

Try seasoning your holiday dishes w/herbs & spices instead of high fat sauces or prepare veggies by roasting to bring out their rich flavor.

Microwave cranberries w/orange zest & a little sugar & water to make cranberry relish. More #healthy ways to cook: <http://ow.ly/fhP6a>

Stocking stuffer ideas--fruit/veggie tattoos, rulers, pens & more--all \$1 or less! <http://ow.ly/fhPpA>

Great gifts for the chef in your life--recipe books & cooking tools he/she will love! <http://ow.ly/fhPEu>

For Facebook:

What is your favorite holiday baking item that contains either fruit or vegetables?

What's your favorite winter fruit?

Tangerines
Grapefruit
Kiwifruit
Passion Fruit

How do you prefer your potatoes?

Mashed

Baked

Diced & Roasted

Scalloped