

OCTOBER SOCIAL MEDIA POSTS

Holidays

October is National Apple Month! Finding a great apple is as easy as pie! Learn about the different varieties: <http://ow.ly/dNwDi>

An apple a day keeps the doctor away? Put it to the test 4 National Apple Month w/these TOP TEN ways to enjoy: <http://ow.ly/oZRyj>

It's National Cranberry Month! Selecting perfect cranberries is as simple as the "bounce test" ...here's how: <http://ow.ly/dNwVn>

Cranberries add a lil umph to just about anything! For National Cranberry Month, try these TOP TEN ways to enjoy: <http://ow.ly/oZQVj>

For National Diabetes Month, prep a meal or workout w/a friend/fam member fighting this disease. Ur support could change/save their life!

It's National Diabetes Month! Fight the disease the healthy way w/ the power of FVs! Start w/making over ur meals: <http://ow.ly/oZQBV>

Special Days

(October 1)

Heal the world n make it a better place with FVs! Tomorrow is World Vegetarian Day! Celebrate with a FULL plate of FVs for all your meals!

It's World Vegetarian Day! Vegetarians are known to have big smiles, warm hearts n a plate full of FVs at all times! Lucky them :-)

(October 2)

Party Alert! @Fruits_Veggies & @Stemilt are celebrating the new season on 10/2 @4pmEST. Use #Fall4FVs to join the convo and win prizes!

Cool weather, beautiful scenery. Who doesn't love Fall? Let us know how much 10/2 @4pmEST w/ @Fruits_Veggies. Use #Fall4FVs 4 a chance2win!

(For October 10-14)

It's National School Lunch Week! Boost your child's brain power w/these #healthy school lunch ideas: <http://ow.ly/dNxhn>

Impressed by your kid's school lunch? For National School Lunch Week, do a good deed n talk to their school about making a healthy change!

Color ur lil ones lunchbox w/color! @Fruits_Veggies PACK program w/ @Welchs offers tips to make it easy: <http://ow.ly/oUlb7> #Back2School

(October 14)

#Cheers 2 National Dessert Day! Dessert doesn't have to expand ur waistline. Keep it tight w/ these healthy desserts: <http://ow.ly/p1PGC>

#TipoftheDay Choose a #healthy #dessert: Fresh fruit is the perfect ending to any meal. Berries and sorbet are a match made in heaven!

(For October 29)

Today is National Oatmeal Day! Pump up the #nutrition by adding some bananas, diced apple, dried fruit or nuts in your bowl!

Seasonal

Fall Party Guide! Don't forget the fruit & veggies for your next autumn event, check out 15 #healthy menu items: <http://ow.ly/dNz3Y>

Squash, pears, pumpkin & turnips are in season & at their peak of flavor! Get a full list of fall fruits/veggies: <http://ow.ly/dNzrs>

#TipoftheDay Individual boxes/cups of raisins, apple sauce or fruit cocktail make a great alternative to candy for a #HealthyHalloween!

#HealthyHalloween Party Idea: Try an Apple Dipping Bar! Kids will love this--here's how: <http://ow.ly/dNBH0>

Give a treat this #Halloween by pairing 1 of these downloadable FV activity sheets w/ ur #trickortreat giveaways! <http://ow.ly/p1RZj>

Recipes

Need dinner in a flash? @Fruits_Veggies has 100s of 30min or less recipes to get dinner to the table effortlessly: <http://ow.ly/p21i3>

Squash is in season and there are many ways to enjoy! Try Squash w/Tomato-Garlic Sauce 4 a quick, easy dinner: <http://ow.ly/p1W3x>

#MeatlessMonday perfection: Carmelized Mushroom & Vidalia Onion Risotto is a full meal...deliciously and nutritiously! <http://ow.ly/p1Wm2>

Rough night? Protein pack your breakfast w/ Peanut Butter & Banana Oatmeal. Tasty way to start your day! <http://ow.ly/p1WHX>

Chef hat not required! Sweet Potato Pancakes w/Balsamic Mushrooms make 4 a nutritious brunch to show off 4 ur family. <http://ow.ly/p1Xea>

Who says savory soup has to take a long time? This Mediterranean Potato Soup is quick n overflowing w/veggies: <http://ow.ly/p211E>

General

So your kid wants to be vegetarian? GREAT! W/ proper planning and plating, ur child will thrive effortlessly! <http://ow.ly/oZLJR>

#TipoftheDay When the weather turns cooler try making soup to warm you up! Canned tomato juice makes a tasty base for vegetable soup broth.

Interesting what a simple green leaf can contain. Kale is a nutrient superstar! See our TOP TEN ways to enjoy: <http://ow.ly/o7Tie>

Try baking winter squash & drizzle w/olive oil & sprinkle w/cinnamon. Get more #healthy ways to cook fruits/veggies: <http://ow.ly/dNBpZ>

After-School Snack Attack! Don't fear--here are some new twists on old favorites that include fruits & veggies: <http://ow.ly/dNEil>

Adding nuts to Fall baking adds more than crunch, they're packed w/fiber, protein & heart healthy fats! Learn more: <http://ow.ly/dNGpF>

#Friday night Pizza tradition? Dispel the myths of unhealthy pizza by adding all the veggies you can find, and reducing the cheese!

What do you get for your money? \$1 can of soda = sugar, caffeine. \$1 glass of orange juice = Vitamin C, potassium.

Feeling a little nutty, and don't know which to crack? Let our Nut Nutrition Database lead your appetite: <http://ow.ly/p1Ttu>

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

A #healthy way to refresh & rehydrate is by drinking water flavored w/fresh citrus fruit, sliced peaches or berries.

The FIFO Rule: First in, First out--Learn more with Fruit & Veggie Storage 101: <http://ow.ly/9yuvj>