

APRIL SOCIAL MEDIA POSTS

Holidays/Celebrations

New FVs are in bloom n ready to consume! Spring is a perfect time for a #NewBeginnings Twitter Party! Chat w/ @Fruits_Veggies 4/5 @4pmET!

Kick off the new season and shake off the winter blues during @Fruits_Veggies #NewBeginnings Twitter Party Wed. 4/5 @4pmET! Join in for new tastes and tips!

Don't just feed them -- Nourish them! With over 200 varieties, fruits and veggies are a brilliant go-to for Global Child Nutrition Month!

Get your kids to try a new veggie (or 2) for Global Child Nutrition Month! Need help? Try any one of these 10 ways: <http://ow.ly/v3P36>

Grab ur gloves and DIG IN! For National Garden Month, check out these tips to get the most out of ur garden: <http://ow.ly/v3HxS>

April is National Garden Month! Take Gardening 101 from @Fruits_Veggies to earn your green thumb: <http://ow.ly/v3HxS>

A crunchy delight! For National Pecan Month, find out what MORE these crunchy morsels have to offer: <http://ow.ly/v3KXP>

Use pecans a new way for National Pecan Month! This Pecan-Crusted Broccoli is a pretty good start: <http://ow.ly/v3Llc>

Special Days

(April 6)

Happy Fresh Tomato Day! There are at least 1,000 ways to use fresh tomatoes. What's your fav? Here's a few of ours: <http://ow.ly/v3QFM>

(April 16)

It is the Day of the Mushroom, and in honor of it, we are cutting our beef with mushrooms for healthy Sloppy Joes: <http://ow.ly/v3RnP>

(April 19)

Cheers to one of the most popular veggies in all the land -- Garlic! Here are the TOP TEN ways to enjoy for National Garlic Day: <http://ow.ly/v3Tms>

(April 30)

Sun-dried perfection comes in many forms but for National Raisin Day, we salute this popular dried gem with a bunch of tasty recipes: <http://ow.ly/v3Vg9>

Recipes

A zesty start to lead any meal in the right direction! Try our Asparagus Tapas next time you entertain: <http://ow.ly/uPHgK>

Cinnamony-sweet potato bites make a robust appetizer for parties or a quick little snack just for u! Get the recipe: <http://ow.ly/uFVth>

RELAX and REFRESH with our Cold Honeydew-Lime Melon Soup for a tasty spa-like day at home: <http://ow.ly/uAxdn>

A Party in a Pot! This nutritious Black Bean & Sweet Potato Chili is filling and oh so satisfying! Get the recipe: <http://ow.ly/uYvEK>

Breakfast, Lunch or Dinner! Here are 6 recipes to immediately get the most out of ur frozen fruits and veggies: <http://ow.ly/u6kx0>

General

Kids playing in the garden? GREAT! See how they can help you get things growing + 5 do-it-themselves projects: <http://ow.ly/v3Je5>

The 3 Ps for a healthy vegetable garden – Planning, Preparation & Planting. Get details: <http://ow.ly/v3JuH>

Studies show a kid's perception of fruits & veggies can be changed in an instant if you let them do this: <http://ow.ly/v3Je5>

Don't let ur next meal get the best of you! Take a peek at @Fruits_Veggies Weekly Healthy Menu Ideas to stay on track: <http://ow.ly/uIRxC>

New to cooking fruits and veggies? Get easy cooking tips here: <http://ow.ly/uLHFt>

Obesity is a SERIOUS disease. Get the facts here + 10 tips to tip the scale in your favor: <http://ow.ly/vdtPK>

2 years – 8 seasons – 730 sunsets – That's about how long canned fruits/veggies can offer nutrition to your family...and remain TASTY!

Fast, #healthy lunches on-the-go, just mix & match! All based on the #MyPlate guidelines! <http://ow.ly/u3HoB>

#DidYouKnow you can use lime juice in place of salt to season fish, chicken or pork? More info on this tasty fruit <http://ow.ly/i6BBF>

Revitalize your exercise routine this season! Get the Who, What, When, Where & How to becoming physically active: <http://ow.ly/i6Dco>