

APRIL SOCIAL MEDIA POSTS

Holidays/Celebrations

Spring has sprung! We're excited to enjoy the season's best w/ our #Diggin4FVs Twitter Party! Join us on 4/6 at 4pm ET!

#Diggin4FVs is going to be fun! Join us on 4/6 at 4pm ET as we share tips, recipes, & ideas to make the most out of your seasonal favs!

Grab your gloves and join us on 4/6 at 4pm ET! We're #Diggin4FVs and we would love for you to get down & dirty with us!

It's time to get your garden going! For National Garden Month, let @Fruit_Veggies help you get started: <http://ow.ly/ZLTE0>

Make the most out of your gardens -- find out what you should be doing and when --> <http://ow.ly/ZLU8y> #NationalGardenMonth

For National Fresh Florida Tomato Month, stuff a plump tomato w/ low-fat cottage cheese or w/tuna, shrimp, or chicken salad. Use the pulp as part of the salad.

Juicy, plump, tasty tomatoes are the star of the show in delicious Farmer's Market Salsa --> <http://ow.ly/ZMbp2> #NationalFreshFloridaTomatoMonth

Recipes

@Fruits_Veggies has the perfect #MeatlessMonday dish! Portobella Mushroom Fajitas...oh yes! <http://ow.ly/ZQxX9>

The combo of salty and sweet can't be beat! Enjoy this Apple Chicken Stir-Fry from our pals @Fruits_Veggies <http://ow.ly/ZQyAG>

This Chicken Chile Verde Salad is amazing! Wouldn't you agree? <http://ow.ly/ZQBNy>

FVs...check, flavor...check, nutrition...check -- dive your fork into this SCRUMPTIOUS Strawberry Sundae Salad: <http://ow.ly/ZQL0j>

@Fruits_Veggies has the perfect guilt-free dessert -- trust us, they're BERRY good! <http://ow.ly/ZQSU3>

General

Gardening can improve your health? How? Find out --> <http://ow.ly/ZLUR5>

Sweeten up your traditional coleslaw with tropical sugar apples in this easy recipe: <http://ow.ly/ZOj3d>

What can be used as a healthier salad dressing? Our #expert has the answer --> <http://ow.ly/ZOmcx>

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>

How do you enjoy your FVs? @Fruits_Veggies shares 50 ways to cook some of your favs --> <http://ow.ly/ZOLyy>

Got questions about your vegetable garden? @Fruits_Veggies has the answers --> <http://ow.ly/ZOMOD>

Think Variety, Think Color! A rainbow on ur plate delivers a broad range of nutrients. Find out how & get ideas: <http://ow.ly/t0bfO>

Looking for healthy recipes & ideas? Check out @fruits_veggies Pinterest Board to get PINspired --> <http://ow.ly/YCKah>

Learn how to shape your meals around fruits and veggies with our easy-to-execute meal planning guide: <http://ow.ly/t0dOz> #SavortheFlavorofEatingRight

#HealthyHumor: How do you make an artichoke? Strangle it! LOL, @Fruits_Veggies is hilarious!

Have this mouth-watering Skillet Lasagna ready in no time -- <http://ow.ly/ZOPlh>

#TipoftheDay: Cut back on the amount of cereal in your bowl to make room for some cut-up bananas, peaches, or strawberries.

#TipoftheDay: Ask your coworkers to offer fruits and vegetables at meetings instead of donuts and pastries.

If you're wondering what FVs are in season, wonder no more! @Fruits_Veggies has the full list --> <http://ow.ly/ZQwOO>

#DidYouKnow it takes just one ounce of celery seeds to produce an acre of celery? Pretty cool, huh?

One word...DELICIOUS! Enjoy this Pineapple Avocado Chicken Salad for lunch today: <http://ow.ly/ZQzlp>

Make better food choices by understanding and comparing nutrition content. @Fruits_Veggies can help --> <http://ow.ly/ZQA0j>

Serious about your exercise regime? @Fruits_Veggies can help you go the distance with performance nutrition! <http://ow.ly/ZQAJO>

What butter? Liven up your toast with this Sweet Avocado Spread --> <http://ow.ly/ZQFSR>

#TipoftheDay: Sub spinach, onions, or mushrooms for 1 of the eggs or 1/2 the cheese in your morning omelet.

Looking for Nutrition Education Materials? @Fruits_Veggies has just what you need...for FREE! <http://ow.ly/ZQU80>