

April Social Media Posts

For Twitter:

April is Cancer Control Month. Learn how broccoli & other cruciferous veggies can reduce your risk: <http://ow.ly/iPvhE>

It's celery month! Celery is a good source of Vitamins A & C and Your Produce Man has some tips for use it in salads: <http://ow.ly/iPwaj>

April is National Garden Month & we've got tips so your garden is bursting w/delicious veggies come summer! <http://ow.ly/iPwqT>

It's National Pecan Month! High in fiber & Vitamin B1, learn how to select & store these tasty nuts: <http://ow.ly/iPx8T>

(Week of 4/1-4/7)

It's Egg Salad Week--boost your version w/some crunch like diced celery, cucumber or onion & serve over tomato, lettuce or sprouts!

4/3

Today is National Walking Day! Get outside & get moving--you don't need a gym membership to get in shape, grab your kids & take a walk!

4/6

It's National Fresh Tomato Day! Celebrate w/this #recipe for Fresh Tomato & Pita Chip Salad: <http://ow.ly/iPz3k>

4/16

Today is Day of the Mushroom & what better way to acknowledge than by serving Caramelized Mushroom & Onion Risotto: <http://ow.ly/iPzLn>

4/19

It's National Garlic Day! This flavorful veggie can help you reduce the sodium in your meals. Ways to enjoy: <http://ow.ly/iPAAN>

4/30

Today is National Raisin Day! Your Produce Man shares tips to adding raisins to salads, baked goods & more: <http://ow.ly/iPBjB>

Visit @MyPlate for sample #healthy meal #recipes making 1/2 your plate fruits & veggies: <http://ow.ly/iZThP>

Spinach is delicious this season. Raw in a salad, sauteed in olive oil or use canned or frozen & add to casseroles: <http://ow.ly/iZU5m>

Time to prepare your garden for a summer full of fresh produce! 4 simple steps to yield a bountiful harvest: <http://ow.ly/iZVeC>

Avocado, Potato & Grilled Chicken Salad is hearty enough for a dinner entree. Add a whole grain roll & fresh fruit: <http://ow.ly/iZW6m>

Enjoy in-season mango w/these delicious #healthy plate Asian Mango & Chicken Wraps: <http://ow.ly/iZWTr>

Asparagus season is the perfect time to make Grilled California Asparagus & Shrimp Quinoa Salad w/Lemon Vinaigrette: <http://ow.ly/iZXue>

Freeze 100% juice into popsicle molds for a tasty & #healthy after school snack!

Get expert advice from Supermarket Dietitians via our weekly Insider's Viewpoint: <http://ow.ly/gBwpV>

Dinner for 4 under \$10! Menus & recipes for 30 #healthy dinners--meal planning made easy! <http://ow.ly/iZZd4>

Download & Print--Quick #nutrition chart for the most popular veggies: <http://ow.ly/iZZY9>

Download & Print--Quick #nutrition chart for the most popular fruits: <http://ow.ly/j00hT>

Don't be an "April Fool" always fill half your plate w/fruit & veggies! Here's how to follow the #MyPlate guidelines: <http://ow.ly/j6zR5>

Learning to Grow! 5 easy ways your kids can help you in your garden: <http://ow.ly/j6ADU>

#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/j6BBF>

While mangoes are in season, try the Champagne mango, also known as the honey or manila mango: <http://ow.ly/j6Cym>

Your Spring Exercise Routine: the Who, What, When, Where & How to becoming physically active: <http://ow.ly/j6Dco>

Get outdoors w/your kids & jump rope for your health! This timeless activity is fun for all ages--\$2.99: <http://ow.ly/j6E6T>

Everyone loves a bargain! Fruit/veggie tattoos, kitchen timers, sticky notes & more--everything \$1.00 or less! <http://ow.ly/j6ELp>

For Facebook:

What will you plant in your garden this year?

- Tomatoes
- Zucchini
- Green beans
- Peppers
- Strawberries
- Melons
- Other

What is your favorite spring dessert?

Do you have a favorite way of preparing asparagus? If so, what is it?