

## AUGUST SOCIAL MEDIA POSTS

### Holidays/Celebrations

A HEALTHY family is a HAPPY one! Join @Fruits\_Veggies for their #FamilyFeast Twitter Party Wed. 8/6 @ 4pm ET 2 get tips & ideas 4 ur fam meals!

Family time is the BEST time! @Fruits\_Veggies has tips & recipes to make your #FamilyFeast a healthy & memorable one! Wed. 8/6 @4pm ET.

Feeling PEACHY? Kick it up a notch for Nat'l Peach Month and try this Peachy Chipotle Salsa:

<http://ow.ly/zjR1s>

#WatchThis and learn everything you need to know about PEACHES for Nat'l Peach Month:

<http://ow.ly/zjS10>

HEALTHY eating begins at home! Here's 5 tips + ways 2 make ur student a POWERFUL breakfast for Back to School Month: <http://ow.ly/zjTwo>

Counting down the days of summer? For Nat'l Family Month, try something new w/ this Eggplant Parmigiana-Light recipe: <http://ow.ly/zjXJt>

A TEAM effort! Choose a new FV to try w/ ur fam every week 4 Nat'l Family Month! Here's what's in season: <http://ow.ly/zk1Qj>

### Recipes

Short on time? We can help! Try one of these HEALTHY, NUTRITIOUS 30min or less recipes:

<http://ow.ly/zk4V4>

Need a quick cool off? Try this refreshing Grilled Peach Salad w/ Spinach & Red Onion Vinaigrette:

<http://ow.ly/zk6OZ>

Good Morning! These Spinach Quiche Portabella Caps are ideal for a #healthy brunch:

<http://ow.ly/ccdJd>

Take corn to another level! Enjoy Corn on the Cob w/Chili Lime Butter: <http://ow.ly/mRpGk>

Forks UP! A #MeatlessMonday Flavor Fest --> Try this Crunchy Apple Walnut Salad for lunch today:

<http://ow.ly/wKcQ4>

May we have more please? Satisfy ANY craving with this beautiful Berry Plum Salad on for an after-dinner delight: <http://ow.ly/vZuFn>

## General

Fiber helps u feel full, which can help w/ weight management. Find out which FVs are high in fiber: <http://ow.ly/zkav5>

#TipoftheDay – Send the kids off 2 school with low-fat yogurt and granola or a fresh fruit cup.

Stay STOCKED and LOADED! Be prepared for anything! Check this list to be sure you have what you need in the pantry: <http://ow.ly/zkbsp>

It's HARVEST time for many VEGGIES! Find out what you should be doing in your GARDEN: <http://ow.ly/cc9A0>

"Fruits & veggies always seem to be grouped together. Are they interchangeable?" Get the answer from our expert: <http://ow.ly/xoz1R>

In a smoothie, a dressing, or by themselves, we just LOVE RASPBERRIES! See the TOP TEN ways to enjoy: <http://ow.ly/zkdFv>

@Fruits\_Veggies Healthy Menu Ideas will keep you light on your feet with plenty of fruits and veggies to eat: <http://ow.ly/xouRn>

Confused on how to read a food label? Make BETTER food choices by understanding and comparing NUTRITION content --> <http://ow.ly/zkeeg>

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

It's all about BALANCE! See how you can work your favorite foods into a healthy diet: <http://ow.ly/zkff7>

#DidYouKnow the flower of the zucchini plant is also EDIBLE? Zucchini is plentiful now & we've got many ways 2 enjoy: <http://ow.ly/mbeW2>

#TipoftheDay - Adding frozen veggies like chopped spinach or broccoli to your pasta dishes is a great way to add 1 more serving to your day!

Wanna give your plate a makeover! We have 50 before & after photos of your favorite recipes made healthier with fruits and veggies: <http://ow.ly/xckL5>

The CHEF has arrived! Let ur kids take the lead in the kitchen! Here's 10 kid-friendly recipes they're sure 2 LOVE! <http://ow.ly/zkiXF>

Grilling? Put a spin on the norm & add FVs to the mix! Here's 9 tips for grilling FVs + a Grilled BANANA recipe: <http://ow.ly/zkm8l>

In a hurry? Get in & out of the supermarket faster w/our Top 5 Fruit & Veggie Shopping Tips: <http://ow.ly/mPo1O>

FUZZworthy --> #DidYouKnow the NECTARINE is actually a subspecies of peach that lacks the gene for fuzz!

Go from chewy and gooey to crunchy and nutritious with these TOP 10 Fruit Snacks for Children:  
[ow.ly/x953B](http://ow.ly/x953B)

Go beyond sandwiches and pack a better lunch for a better you! Here are 4 tips to get you going:  
[ow.ly/w9YgH](http://ow.ly/w9YgH)

#DidYouKnow you can use lime juice in place of salt to season fish, chicken or pork? More info on this tasty fruit: [ow.ly/vR932](http://ow.ly/vR932)

This #weekend when shopping for fruits & veggies, try these tips to get MORE for your \$\$\$:  
<http://ow.ly/vqF0K>

Beautiful, vibrant and TASTY! Fruits and veggies make entertaining easy! Get tips for your next shin-dig here: <http://ow.ly/uRajY>

No bull horn needed! Your lil' ones will happily rise to any occasion once you have these tasty, healthy oatmeal tips in your arsenal: <http://ow.ly/tgDZB>