

August Social Media Posts

For Twitter:

August is National Peach Month! Peaches are a good source of Vitamin C & here are our Top 10 Ways to enjoy them: <http://ow.ly/cc1uK>

It's National Sandwich Month--don't forget to add #healthy toppings like greens, onion, tomatoes, sprouts, olives & cucumber!

It's Family Meals Month! Take some old favorites & make them even better--here's how: <http://ow.ly/mp7Km>

(Week of 8/5)

It's Farmers Market Week--stop by your local Farmers Market to get the freshest local produce at the best prices & support local farmers!

(8/3)

Today is National Watermelon Day! This video teaches you how to select the perfect one: <http://ow.ly/cc0QA>

(8/31)

Today is National Trail Mix Day--dried fruit and nuts are filled w/fiber and vitamins making it the perfect on-the-go snack!

Going camping? Frozen veggies double as ice packs in your cooler and can be mixed into pasta salad when they defrost!

Mix canned beans into your salads for extra protein & add canned fruit to gelatin for extra texture, flavor and color!

#Healthy Eating Tip for Summer: Marinate sliced veggies in balsamic vinegar & grill. Try squash, onion, mushrooms, peppers & eggplant.

Many veggies are ready to be harvested this month--find out what you should be doing in your garden: <http://ow.ly/cc9A0>

A great way to enjoy one of the plentiful veggies of summer--Corn-on-the-Cob w/Chili Lime Butter: <http://ow.ly/mRpGk>

Spending time by the pool this weekend? We've got 8 #healthy poolside party ideas! <http://ow.ly/mQ74f>

Produce Buying Tips--get in & out of the supermarket faster w/our Top 5 Fruit & Veggie Shopping Tips: <http://ow.ly/mPo1O>

Love those fresh tomatoes from your garden? Find out if they can help reduce the risk of stroke--read the research: <http://ow.ly/mN3FT>

While school is out, here are summer programs that are fun ways to keep your kids busy: <http://ow.ly/mN38c>

Fruit & Veggie Popsicles?--that's right! Here's how to sneak a few veggies into your favorite summertime treat: <http://ow.ly/mEZen>

Include some watermelon at your summer festivities--it's a good source of Vitamins A & C and helps keep you hydrated: <http://ow.ly/mEY3Y>

Cucumbers are plentiful right now & a great source of Vitamin C! We've got our Top 10 ways to enjoy them: <http://ow.ly/mr9n>

Fun outdoors--here are easy ways your kids can help you in your garden (and learn how veggies grow!): <http://ow.ly/moXFt>

Grilling brings out the natural sweetness in fruits/veggies & preserves flavor-- 9 tips for a perfect result: <http://ow.ly/moWfF>

Start your day w/a Florida Sunshine Shake--fruit juices, banana & yogurt will give you energy all morning long! <http://ow.ly/mo0jE>

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

What's in season? Learn how to select & store your favorite summer fruits & veggies! <http://ow.ly/m6izX>

Download & Print--fun activities about fruits/veggies for your child the next time you hit the grocery store: <http://ow.ly/m23Sx>

Tip No. 13--Don't shop hungry to avoid impulse buys! Get 29 more helpful tips to stretch your food budget: <http://ow.ly/m23u0>

When throwing a summer soiree, don't forget the fruits & veggies! The top 10 ways to spice up your party: <http://ow.ly/lXDim>

Set up a summer sundae station--this frozen dessert incorporates the goodness of berry season! <http://ow.ly/mRKp1>

Cool off any meal w/a delicious cantaloupe dessert--Your Produce Man has the recipe: <http://ow.ly/mRKQ3>

Vacation values--keep the kids busy w/these fun nutrition activities at great prices! <http://ow.ly/mRLai>

Fun Fruits & Veggies--More Matters items great for goodie bags, all \$1 or less! <http://ow.ly/mRLHd>

For Facebook:

Peaches are in season right now—in a pie, a cobbler, or right off the tree—tell us how you like to enjoy this sweet, juicy fruit:

If you're growing tomatoes in your garden do you make your own tomato sauce from scratch?

Putting up preserves is a popular activity this time of year. What kind do you enjoy the most?

- Strawberry
- Blueberry
- Blackberry
- Raspberry
- Peach