

AUGUST SOCIAL MEDIA POSTS

Holidays/Celebrations

Time 2 get #LunchSmart! Join us, @healthykids, & @ChartwellsK12 on 8/5 @ 4pm ET! We're sharing tips, recipes, & lunch ideas! There's PRIZES!

Join us, @ChartwellsK12, & @healthykids for our #LunchSmart Twitter Party on 8/5 @ 4pm ET! #Tips #recipes #ideas 4 a healthy lunch! #Prizes

Meet us, @HealthyKids, & @ChartwellsK12 in the cafeteria on 8/5 @ 4pm ET! The kiddies r headed back 2 school, & we're getting #LunchSmart!

Feeling PEACHY? For Nat'l Peach Month, enjoy the sweetness of this plump fruit in these recipes: <http://ow.ly/Q8R5P>

#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>

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>

A family that works out together, stays together! For Nat'l Family Month, get your family going w/these tips & ideas: <http://ow.ly/Q8WNU>

This Grilled Chicken, Boursin and Watermelon Sandwich is a delicious way to celebrate National Sandwich Month: <http://ow.ly/Q8VWQ>

It's National Sandwich Month--remember to add #healthy toppings like greens, onion, tomatoes, sprouts, olives & cucumber!

Recipes

Short on time? We can help! Try one of these HEALTHY, NUTRITIOUS 30min or less recipes: <http://ow.ly/zk4V4>

Stacked to perfection! Indulge in this Layered Summer Fruit Salad with Grape Juice, Ginger & Lime Syrup: <http://ow.ly/Q8Y0S>

Rise and shine, it's breakfast time! Try this EGG-cellent Hass Avocado Sunrise Omelet for #MeatlessMonday: <http://ow.ly/Q9130>

Drooling is an understatement! Fire up the grill to make these Grilled Cilantro Lemon Chicken Kabobs: <http://ow.ly/Q93sg>

Dive your fork into a tasty treasure! Enjoy this Rubies and Greens Salad for lunch --> <http://ow.ly/Q978c>

General

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

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>

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

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

#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>

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

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

#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

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

Do dried dates have the same nutritional value as fresh dates? @Fruits_Veggies expert has the answer --> <http://ow.ly/Q97Lk>

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>

Fill half your plate with color! Here's how --> <http://ow.ly/Q99mY>

Add 4 cups of FVs daily, \$2 per day, instead of eating family dinner out twice per month! See more easy trade-offs: <http://ow.ly/Q9a53>

There's more ways than one to eat SUGAR APPLES! @Fruits_Veggies shares their TOP TEN ways: <http://ow.ly/Q9ap0>

From SWEET to SAVORY in minutes! Try this Grilled Spicy Watermelon: <http://ow.ly/Q9h2k>
#TransformationTuesday

There's always something to do, and @Fruits_Veggies knows just where you can do it! Check out FV happenings in your area: <http://ow.ly/Q9iab>

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

Fruit & Veggie Popsicles? Yup! @Fruits_Veggies shares how to sneak a few veggies into your favorite summertime treat: <http://ow.ly/mEZen>

#TipoftheDay: Don't shop hungry! Eat a piece of fruit or some veggies before going to the grocery store to avoid hunger-based impulse buys.

We're heading back to school with fruits and veggies! Make your kids the envy of the lunchroom with these tips: <http://ow.ly/Q9wGA>

What veggies can grow in the shade? What's the best way to control weeds? Check out FAQ about your veggie garden: <http://ow.ly/Q9xTG>

What did the traffic light say to the tomato crossing? "Don't look now, I'm changing!" Lol, @Fruits_Veggies is funny! #HealthyHumor

Why did the Tomato go out with a prune? Because he couldn't find a date! LOL, @Fruits_Veggies is hilarious! #HealthyHumor

Pack orange slices, apples, boxes of raisins, cups of applesauce, bananas or baby carrots for snacks at sports practice.