

AUGUST SOCIAL MEDIA POSTS

Holidays/Celebrations

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

What's your favorite sandwich combo? Check out these amazing recipes for National Sandwich Month:
<http://ow.ly/hJgQ302AiYI>

@Fruits_Veggies shares ideas to get your mind right for Back to School Month:
<http://ow.ly/at22302AIEF>

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/ziTwo>

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

Time for a lil' PEACH 101! Learn all about the anatomy of a peach for National Peach Month:
<http://ow.ly/Pwpu302AoDh>

August is Kids Eat Right Month! Our mom blogger lays out a healthy foundation for your kids:
<http://ow.ly/PW8M302AqsI>

FAMILY FRUIT & VEGGIE CHALLENGE: Try a new FV every week then build a meal/snack around it – remember all forms count! #NationalFamilyMonth

Make it a team effort & get healthy...TOGETHER! Here are ways to enjoy a nice family dinner with FVs:
<http://ow.ly/rqYF302Askn>

#DidYouKnow kiwifruit can be used as a natural meat tenderizer? It's Get Acquainted w/Kiwifruit Month -- learn more: <http://ow.ly/Kmm5302AHfK>

Recipes

Try Rainbow Bell Pepper Boats with Garbanzo Beans and Kale for your next #MeatlessMonday meal:
<http://ow.ly/t9gz302ANNr>

This Grilled Chicken and Avocado Quinoa Pilaf recipe from @Fruits_Veggies is simply irresistible!
<http://ow.ly/nHFL302AOIZ>

We give this Strawberry Edamame Salad from @Fruits_Veggies two thumbs up!
<http://ow.ly/4wDK302APcx>

Dreamin' of a trip to the tropics? This Peach Smoothie will have you feelin' like you're in paradise!
<http://ow.ly/FEb1302AU7w>

@Fruits_Veggies is totally *raisin'* the bar with this Raisin Waldorf Salad --> <http://ow.ly/EQ8b302AUEB>

Enjoy one of the best bites of your life from this Chicken Teriyaki Sandwich --> <http://ow.ly/WfRA302AVQ3>

Kiwifruit-Grape Kebabs from @Fruits_Veggies: <http://ow.ly/95bC302AZ3x>

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

A 5-star meal fit for royalty! Serve your fam Crab Smashed Potato Stuffed Artichokes: <http://ow.ly/z8um302AZVK>

Spinach Fettuccine with Sun-Dried Tomatoes sounds super yummy...don't you agree? U can have it to your table in 30! <http://ow.ly/DSwQ302B18l>

General

Stumped on what to make for dinner? Try this Roasted Squash and Eggplant Casserole with Chicken --> <http://ow.ly/U24l302owLd>

#Take_out #TipoftheDay: When ordering take-out, choose foods with fruits, vegetables, and beans.

Poor nutrition in infancy can lead to poor nutrition later in life? Find out + ways to get the kiddies to love FVs: <http://ow.ly/ZdB7302zNy0>

#TipoftheDay: Eat a diet that's low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

Let's get PHYSICAL! Learn the importance of physical activity in healthy weight management: <http://ow.ly/vugg302zS0D> #MotivationMonday

There's plenty of perks for you & your fam for going 'MEATLESS' just ONE day out of the week! Check em' out: <http://ow.ly/CFmL302zTd2>

Get the latest fruit & vegetable news from @Fruits_Veggies --> <http://ow.ly/syqM302zYxD>

Do fruits & veggies lose nutrients once they pass their point of ripeness? @Fruits_Veggies expert has the answer --> <http://ow.ly/O5tsM>

Caramelized to perfection! Add these Grilled Vegetables on your plate for your next meal: <http://ow.ly/OIKIv>

Welcome @Fruits_Veggies chefs, Alex Caspero, RD & Andrew Dole, RD into your homes as they share unique ways to add FVs to ur meals: <http://ow.ly/Om0Sf>

Fill your plate with delicious FVs! Get summer meal ideas from @Fruits_Veggies: <http://ow.ly/Om863>

Throw away the measuring cups—just follow the #MyPlate guidelines & you'll be sure to get your daily requirement of fruits & veggies!

Think #healthy eating is expensive? Consider that \$2 of fruit = fiber & vitamins, while \$2 of cookies = sugar, calories & fat.

If you're wondering when to harvest an eggplant, @Fruits_Veggies expert has the answer:
<http://ow.ly/J4EE302Agpi>

Check out this recipe for easy grilled artichokes and kick-up your next barbeque or picnic!
<http://ow.ly/7L3o302w7wG>

#DidYouKnow it takes apple trees 4-5 years to produce their first fruit?

PBH has been leading the way to healthy eating for 25 years! #PBHTurns25

FRESH, FROZEN, CANNED, DRIED, & 100% JUICE -- whatever floats your boat! Just remember ALL FORMS of FRUITS & VEGGIES COUNT toward daily goals!

Extra canned pumpkin? Spoon into ice cube trays and freeze, then store frozen cubes in freezer bag and use as needed to boost meal nutrition!

Do your body good! Get the nutrients you need from FRUIT and VEGGIES!

Become more physically active by doing this --> <http://ow.ly/X7cKY>

Road trip! Family fun day should be FUN, yet HEALTHY! @Fruits_Veggies can make your day w/these tips & ideas: <http://ow.ly/Ame0302BqnJ>

End the summer with a bang with entertaining tips, tricks, and recipe ideas from @Fruits_Veggies: <http://ow.ly/ZjRk302BuR5>

#TipoftheDay: Don't forget that applesauce cups are a quick snack and easy to pack in lunches.
#BacktoSchool

#HealthyHumor from @Fruits_Veggies --> Why were the strawberries so upset? Because they were in a jam! Hahaha, get it?

Busy schedule? We've got quick meals --> <http://ow.ly/Ubx6302BwhM>

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

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

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