

## DECEMBER SOCIAL MEDIA POSTS

### Holidays

Poach, preserve, or in a dip -- the many ways to enjoy PEARS! For National Pear Month, @Fruits\_Veggies shares TOP TEN ways: <http://ow.ly/EuESc>

December is National Pear Month! Pears are packed with fiber, vitamins & minerals. Learn more about these 100-cal gems: <http://ow.ly/Eulvh>

Take your guac to another level for Tropical Fruits Month with this sweet and spicy Tropical Fruit Guacamole: <http://ow.ly/EuLd9>

Take a trip to the tropics for Tropical Fruits Month! Or just feel like you're there with our Tropical Jerk Shrimp w/ Melon Salsa: <http://ow.ly/EuMsW>

Pull out all the stops for Tropical Fruits Month! Indulge in the distinct flavors of this Tropical Fruit Snacking Cup: <http://ow.ly/EuLUu>

### Recipes

A sweet start to a delicious dinner! Impress your guests with this Sweet Potato-Pear Soup: <http://ow.ly/EuQuP>

A side dish that steals the spotlight! Green Beans & Potatoes compliments any meal: <http://ow.ly/EuRM2>

Toss the take-out menu! In less than 30, whip up this Mandarin Beef Stir-Fry: <http://ow.ly/EuUqO>

Thirsty anyone? Take a gulp of this refreshing Appleade: <http://ow.ly/Exgqu>

It's crockpot season! Come home to this comforting Quick & Healthy Slow Cooker Chicken & Potatoes: <http://ow.ly/ExhrV>

The drool-factor is in full effect! Take a bite into the rich taste of these Chicken & Medjool Date Lettuce Wraps: <http://ow.ly/ExlRA>

### General

#TipoftheDay: Add one more! Add fresh fruit to your salads -- oranges, grapes, kiwi, and avocado are naturals!

#AsktheExpert: What fruit and veggies are good for weight loss? @Fruits\_Veggies expert has the answer --> <http://ow.ly/Exor6>

Fight the flu w/ ur fork! Here are some tips to fight the season's worst with the season's best!

<http://ow.ly/qftH4>

#DidYouKnow squash is technically a fruit as the seeds are inside the fruit; however it is considered a vegetable in cooking?

Don't let a hectic schedule keep you from a #healthy meal--here are seasonal 30 Minutes or Less

#Recipes to the rescue: <http://ow.ly/en0nv>

There's nothing like a warm bowl of soup to soothe the soul! Here are TEN reasons why you should make soup: <http://ow.ly/Dxbal>

Check out 6 easy ways to lighten up some holiday favorites without losing flavor! <http://ow.ly/emX5I>

For easy weeknight dinners, add frozen veggies to stir fry dishes or quick casseroles. They're always on hand & budget-friendly!

Avoid packing on the pounds this holiday season with these weight management tips and ideas:

<http://ow.ly/Dxnhf>

#BudgetTip: Spend less! Buy fresh fruits & veggies that are in-season or buy canned/frozen. Also, shop weekly specials.

Try new fruits and vegetables! You might find a new family favorite. Buy in small amounts to minimize waste and maximize your budget.

Oranges, pears, and pomegranates are at their PEAK flavor! Get the full list of what's in-season:

<http://ow.ly/ExH82>

Cook it up the healthy way! See @Fruits\_Veggies TOP TEN healthy ways to cook fruit and veggies:

<http://ow.ly/ExHOd>

#HealthyHumor: Why did the banana go to the doctor? Answer --> Because it wasn't PEELING well!

#GetIt? #Lol

#DYK apples, pears, peaches, plums, apricots, cherries, blackberries, raspberries, and strawberries are all members of the rose family?

There's nothing like Grandma's Chicken Vegetable Soup to warm your soul: <http://ow.ly/ExOZr>

@Fruits\_Veggies has some SWEET ideas for you! Eat dessert but keep it healthy! Here are some Healthy Holiday Desserts: <http://ow.ly/ExS64>

#TipoftheDay: Applesauce replaces 1/2 cup of fat in recipes for many baked goods.

Can you freeze FRESH vegetables? Find out --> <http://ow.ly/ExTGY> #AskTheExpert

Feel a bit too full and sleepy after a big holiday meal? Avoid the after-meal slump by following these tips: <http://ow.ly/ExVU2>

If your holiday punch calls for juice, make sure it is 100% juice -- you'll be adding one more serving to your day!

Give the gift of love -- FRUITS and VEGGIES! Consider donating to your local food banks. Here's how --> <http://ow.ly/ExZsP>

What's red and green & wears boxing gloves? Answer --> A fruit punch! #Lol #HealthyHumor

Try seasoning your holiday dishes w/herbs & spices instead of high fat sauces or prepare veggies by roasting to bring out their rich flavor.

Nutritious and delicious! Dive your fork into this Roasted Turkey Tenderloin with Onion-Apple Compote: <http://ow.ly/Ey1QL>

We all know FVs are full of nutrients! Check out @Fruits\_Veggies FV database to learn more about your produce favs: <http://ow.ly/Ey3WQ>

Substitutions are a great way to cut calories & increase nutrition! We've got a full list of easy substitutions 4 u: <http://ow.ly/r618k>

Ever had a RED BANANA? They have a slight raspberry-banana flavor but their inside flesh is similar to a yellow banana. Learn more: <http://ow.ly/Ey5RS>

Collard greens are a great side dish but can also be eaten in other ways! Here are TOP TEN ways to enjoy: <http://ow.ly/Ey6EN>

#TipoftheDay: When eating out choose meals w/fruits, veggies n beans. Don't mask ur flavorful FVs w/creamy or sugary sauces. Enjoy real food!

Great balance, full of flavor, and just 2k cal/day! Check out @Fruits\_Veggies Healthy Menu Ideas: <http://ow.ly/Ey8vf>

Dive your fork into flavor and try this Roasted Butternut Squash and Spinach Salad: <http://ow.ly/Ey99I>

Nuts are good sources of protein, fiber, and also contain several vitamins and minerals. Here are TEN ways to enjoy: <http://ow.ly/EyaYy>

Is it true Americans can't survive the holidays without putting on weight? Get the answer --> <http://ow.ly/EybVP>

Make the best of your holiday with these hints & how-to's for entertaining and cooking: <http://ow.ly/EydBc>