

## DECEMBER SOCIAL MEDIA POSTS

### **Holidays/Celebrations**

Pears are packed w/ fiber, vitamins & minerals. Try these 100-cal gems in these recipes for National Pear Month: <http://ow.ly/UM3Qs>

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>

Tap into your inner cabinet for Tropical Fruits Month! Canned tropical fruits give u a boost of vitamins and nutrients, and keep for the long haul!

Take a trip to the tropics for Tropical Fruits Month! Or just feel like you're there with our Tropical Fruit Guacamole: <http://ow.ly/RFpW306FtGe>

### **Recipes**

What comes to mind when thinking of an afternoon snack? Cookies, chips...? How about some Apple Wedges w/Pumpkin Almond Butter?! <http://ow.ly/kte1305xqvY>

@Fruits\_Veggies has the perfect mouth-watering #MeatlessMonday meal! Try this Potato, Black Bean, & Kale Skillet without the chicken! <http://ow.ly/jTcF305yChx>

Lighten the load for lunch and enjoy this scrumptious Tropical California Avocado Salad: <http://ow.ly/UM7NW>

Pears in Orange Sauce from @Fruit\_Veggies is the perfect dessert for any occasion: <http://ow.ly/UOCiw>

It's beginning to TASTE a lot like Christmas! Try this Roasted Turkey Tenderloin w/Onion-Apple Compote from @Fruit\_Veggies: <http://ow.ly/UODOd>

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

### **General**

@Fruits\_Veggies has some fruit & veggie culinary creations just for you! See what chefs, Andrew Dole, RD & Alex Caspero, RD are brewing in the kitchen: <http://ow.ly/sZrx305ylb1>

To make your life 10x easier, @Fruits\_Veggies shares their TOP TEN meal planning & shopping tips: <http://ow.ly/zAqE305ymeN>

Let us help you get on the right path to healthy eating -- @Fruits\_Veggies shares a quick guide to getting more FVs: <http://ow.ly/POKT305ynrN>

Add canned pumpkin to fruit smoothies, pasta, mashed potatoes, oatmeal, or yogurt for a nutrition boost! Learn more from @LibbysPumpkin: <http://ow.ly/X3mG305AR6D>

With the holidays coming, it's so easy to get off track. @Fruits\_Veggies helps you stay on track with these healthy food substitutions: <http://ow.ly/vRte305yqmh>

Feeling a little sluggish after that huge holiday meal? Check out these tips from @Fruit\_Veggies to avoid that after-meal slump: <http://ow.ly/TDomX>

#TipoftheDay: Always remember -- all forms of fruits and veggies count! Fresh, frozen, canned, dried, and 100% juice! Happy Holidays!

A Winter Wonderland of FVs! Here's what's in season: <http://ow.ly/UOEnD>

Chestnuts are in season – learn more about them before roasting them on an open fire: <http://ow.ly/UOGg1>

#TipoftheDay: Skip the cake...but you don't have to skip dessert! Fruit is a delicious and cheap alternative to more costly desserts.

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

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

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

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

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>

Check out this Dragon Fruit Salad from chef Andrew Dole, RD -- it's so beautiful, so colorful, so tasty! <http://ow.ly/MNip306DEzR>

The HOLIDAYS ARE HERE! Let @Fruits\_Veggies guide you through the holiday season! Their Healthy Holiday eBooks are now available! <http://ow.ly/D68w3063ltF>

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

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

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