

## DECEMBER SOCIAL MEDIA POSTS

### Holidays/Celebrations

It's gonna be a PEAR-tastic December! Why? Because it's #NationalPearMonth! Here are some delicious ways to enjoy: <http://ow.ly/ASZS30gB8lu>

For #NationalPearMonth, we're going back to the basics...the #pear basics --> <http://ow.ly/FKkj30gBUtu>

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!

### Recipes

Go from a cream-based chicken salad to Bell Pepper & Apple Cole Slaw w/Chicken...thank us later --> <http://ow.ly/Su4V305xr4M>

It's beginning to TASTE a lot like #Christmas! Try this #RoastedTurkey Tenderloin w/Onion #AppleCompote from @Fruit\_Veggies: <http://ow.ly/UODOd>

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

@Fruits\_Veggies knows how to get the #holidays off to a delicious & #healthy start! Try this #SweetPotato and #Apple #Casserole: <http://ow.ly/UMcuF>

This #Roasted #Pear & #ButternutSquash #Soup takes sweet & savory to another level!  
<http://ow.ly/iUHc30gCI00>

Enjoy this #Mango Lassie #SmoothieBowl for #breakfast...it's so delicious! <http://ow.ly/T4qK30gCJ83>

Take a trip to the tropics...or just feel like you're there with our Tropical #JerkShrimp w/ Melon #Salsa: <http://ow.ly/EuMsW>

Here's a delicious way to beef up your veggies --> <http://ow.ly/xFfg30gCY0i>

### 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 #mealplanning & #shoppingtips: <http://ow.ly/zAqE305ymeN>

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

Searching for healthy, inexpensive family meals? Search no more! @Fruits\_Veggies has the perfect recipe ideas for you and your fam: <http://ow.ly/XrAS304Eu0T>

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/vRTe305ygmh>

#TipoftheDay: Spoiled foods cost you money & deprive you of nutrients. Our FV database has storage tips for each FV: <http://ow.ly/ZtTM8>

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>

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>

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

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

Will eating #fruit at night disrupt your digestive system? Find out from @Fruits\_Veggies expert: <http://ow.ly/o9BT30gCUcg>

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

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 #holidaydishes w/herbs & spices instead of high fat sauces or prepare veggies by #roasting to bring out their rich flavor.

Fruits and veggies are a 10! @Fruits\_Veggies proves it --> <http://ow.ly/56I430gCZkO>

It's so easy to forget an important staple, but @Fruits\_Veggies is here to help you stay STOCKED & LOADED! Check this out! <http://ow.ly/pcBG30gCZM5>

Trying to curb cravings for sweets and junk food? @Fruits\_Veggies expert can help! <http://ow.ly/Xy3h30gCZZw>

We all know eating plenty of #fruits and #veggies is a win-win situation, but are you debating on making the full transition to a #meatless #diet? Get the breakdown of the different levels of #vegetarianism: <http://ow.ly/pPH1H>