

FEBRUARY SOCIAL MEDIA POSTS

Holidays/Celebrations

Quick, tasty and nutritious! 4 National Canned Food Month, we dispel the myths about canned FVs and share the facts: <http://ow.ly/t08QL>

Canned fruits n veggies have a place in every home..especially for National Canned Food Month! Here are the TOP TEN ways to enjoy them: <http://ow.ly/t09g4>

Join @Fruits_Veggies #CanUCan Twitter Party Wed. 2/5 @ 4pm ET to learn more on how you can and should use canned FVs to your advantage!

#Love is in the air! Serve up a #healthy chef-inspired #Vday entrée to show him just how special he is. Get ideas here: <http://ow.ly/t04Ms>

Celebrate American Heart Month and Vday with these heart-healthy dessert ideas: <http://ow.ly/sZKyj>

Show your heart some love for American Heart Month by filling your plate with fruits and veggies!

Pump up your heart health for American Heart Month! @Fruits_Veggies recipes are a great way to fill ur plate the healthy way: <http://ow.ly/sZKUt>

A snack that's bittersweet -- Toast out the tartness of grapefruit by broiling it for National Grapefruit Month! Here's how: <http://ow.ly/sZDJY>

Pretty, plump, pink, and high in Vitamins A and C, grab a grapefruit for National Grapefruit Month: <http://ow.ly/sZJkv>

Potatoes -- a family favorite! We have over 100 HEALTHY recipes using potatoes for National Potato Lovers Month: <http://ow.ly/sZESj>

UN-FRY your mind by getting the truth about potatoes for National Potato Lovers Month: <http://ow.ly/sZG8H>

It's National Snack Month and we know the perfect choice! Need a hint? What's low-cal, fat-free, and full of vitamins, minerals and antioxidants?

Beat that snack attack! For National Snack Month, reach for the best with @Fruits_Veggies snack recipe database: <http://ow.ly/sZIKf>

February is National Sweet Potato Month! Sweet potatoes are good sources of fiber, potassium & vitamins A & C! Find out more: <http://ow.ly/dYRXt>

Yam vs. Sweet Potato -- For National Sweet Potato Month we clarify which is healthier and why: <http://ow.ly/sZNaa>

Go beyond oatmeal for National Hot Breakfast Month with these Sweet Blueberry Quesadillas from @Fruits_Veggies: <http://ow.ly/sZNMQ>

Drop in apples/bananas/berries in hot/cold cereal - onions/peps/mushrooms/avocados to omelets 4 added nutrition during National Hot Breakfast Month!

Recipes

A recipe that features this season's best! Try this Squash w/Pecans & Cranberries side dish 2 upstage ur next entree: <http://ow.ly/sZQFD>

Show off ur beans with this Black Bean Chili Salad from @Fruits_Veggies: <http://ow.ly/sZRC1>

Baked breads are a great way to get kids to fall in love with a new veggie! Serve this delicious Squash Nut Bread as a healthy dessert: <http://ow.ly/sZSag>

No salt necessary! Cut down ur sodium intake with a splash of lemon, garlic and herbs...As seen in this recipe: <http://ow.ly/t0643>

#DateNight Exclusive! Impress that special someone with this Roasted Eggplant with Curried Lentils from @Fruits_Veggies: <http://ow.ly/t06DL>

@Fruits_Veggies has recipes from moms like you! Check it out: <http://ow.ly/t084X>

General

#Healthy snacks nourish you on your worst and best days...Stay energized with fruits and veggies!

#Shoutout to our Pantry Heroes: CANNED Beans, Tomatoes, and Peaches—this team is sure to up the nutrition value of many meals.

Here are 20 different family meal makeover ideas to get u started in 2014 (download, print and hang on the fridge): <http://ow.ly/t0aoy>

Phytochemicals-polyphenols-antioxidants...sound familiar? Well, become an expert with this full breakdown: <http://ow.ly/t0aM9>

Think Variety, Think Color! A rainbow on ur plate delivers a broad range of nutrients. Find out how and get ideas: <http://ow.ly/t0bfO>

Get the latest news and research about fruits and veggies from @Fruits_Veggies: <http://ow.ly/t0bGU>

What fruits and veggies are good for a diabetic? Get expert advice here: <http://ow.ly/t0c32>

Some kids LOVE fruits n veggies. Some don't. Is a sneak attack the right answer? Find out here: <http://ow.ly/t0cne>

#DidYouKnow in addition to eating less sodium, boosting your potassium intake is good for your heart. Find some of the best sources: <http://ow.ly/t0qWL>

What's in a 1/2 cup of fruit? Download n print this list of nutrient n vitamin content of almost 40 diff fruits: <http://ow.ly/t0cCU>

Your child can learn about FVs n improve their reading skills at the same time! LOVE IT! From our pals @VeggieBottoms <http://ow.ly/t0clg>

Wonder what the nutrition facts are for your FVs? Well, wonder no more! @Fruit_Veggies has all the facts right here: <http://ow.ly/t0cO4>

#DidYouKnow Many supermarkets have RDs on staff to assist u w/ making healthy buying decisions n offer cooking tips? #Greatresource #RDchat

Trying to lose weight? The #1 diet trick is to eat fruits & veggies! Learn more: <http://ow.ly/t0dck>

#TipoftheDay Let a salad be a salad! Use light vinegar-based dressing vs. mayo. You can save more than half the fat & calories!

Snack attack? In our 100-calorie comparison chart, we prove u get MORE when u eat fruits and veggies. Check it out: <http://ow.ly/t0doe>

Are you a victim of portion distortion? Get a grip on your portion control with these helpful tips: <http://ow.ly/t0duT>

Compared serving to serving, FVs are cheaper than high-calorie snacks on average. Don't believe us? Check this out: <http://ow.ly/t0dBl>

Learn how to shape your meals around fruits and veggies with our easy-to-execute meal planning guide: <http://ow.ly/t0dOz>

#Retweet: 30 Ways in 30 Days to Stretch Your Food Budget: <http://ow.ly/t0e5V>

#TipoftheDay Don't let hunger get the best of you! Hungry people make bad decisions. Make wise eating decisions BEFORE you feel hungry.

Give them the power of choice! Let your kid pick out a new fruit or vegetable for the family to try on each shopping trip.

#TipOfTheDay Pour less cereal to make room for MORE tasty fruits like bananas, peaches or multi-berries! Calories down. Nutrition UP!

How much is enough? Identify your daily fruit and veggie goal here: <http://ow.ly/t0eIP>