

FEBRUARY SOCIAL MEDIA POSTS

Holidays/Celebrations

Join @Fruit_Veggies & @CannedFoodFan on 2/4 @ 4pm ET as they share tips, recipes for HEARTY, HEALTHY meals! #WeHeartFVs

#WeHeartFVs & so does @Fruit_Veggies & @CannedFoodFan & @nutritionjill! Join them on 2/4 @ 4pm ET for their Twitter Party! #Tips #prizes

#TwitterPartyAlert! Join @Fruit_Veggies @CannedFoodFan & @nutritionjill on 2/4 @ 4pm ET as they share recipe ideas & tasty tips! #WeHeartFVs

Spread the love w/ @Fruit_Veggies @nutritionjill & @CannedFoodFan on 2/4 @ 4pm ET w/ tips, ideas, and HEARTY recipes! #WeHeartFVs

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

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

February is American Heart Month! Protect your heart with fruits and veggies - here are some ideas: <http://ow.ly/l1Wjc>

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>

#DYK Grapefruit got its name from how it grows on the tree, clustered like bunches of grapes? Learn more for National Grapefruit Month: <http://ow.ly/l1Yix>

Get fizzy for National Grapefruit Month and sip on this delicious Grapefruit Fizz: <http://ow.ly/l1YXI>

February is National Potato Lovers Month! Get the scoop on potatoes & a few delicious ideas: <http://ow.ly/l20YS>

What comes to mind when you think of potato? For Potato Lovers Month, go beyond the norm with these recipe ideas: <http://ow.ly/l22YC>

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

Celebrate National Hot Breakfast Month in a MAJOR way! Get your morning started w/ these 7 healthy breakfast ideas: <http://ow.ly/l25FO>

For National Snack Month, dump the junk and reach for the best with @Fruit_Veggies snack recipe database: <http://ow.ly/l27db>

Beat the snack attack by grabbing a delicious fruit or veggie to satisfy your mid-meal cravings for National Snack Month! All forms count!

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

How sweet it is to eat Sweet Potatoes! For National Sweet Potato Month, check out these tasty tips & ideas: <http://ow.ly/l2a5l>

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>

Quick, tasty and nutritious! For Canned Food Month, learn how to select and store these pantry heroes: <http://ow.ly/l2cic>

Recipes

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>

A delicious dinner coming right up! Make date night special with these Tuna Steaks w/Red Grapefruit & Mint Relish: <http://ow.ly/l2ugW>

You're going to LOVE lunch today! Try this Chicken Salad w/Yogurt Dressing from @Fruit_Veggies: <http://ow.ly/l2x71>

Adding fruit to a salad makes a fun, unexpected taste twist! Enjoy this Peppers and Orange Spinach Salad: <http://ow.ly/l2A6w>

Looking for healthy yet delicious? Check out @Fruit_Veggies recipe database for tasty ideas: <http://ow.ly/l2CQw>

General

#TipoftheDay: Instead of having sugary toaster pastry for breakfast, have a piece of whole wheat toast spread w/peanut butter & topped w/sliced banana.

Can soy cause gas? If so, is there a way to prevent it? @fruits_veggies expert has the answer --> <http://ow.ly/l2JeH> #AsktheExpert

#TipoftheDay: Mom! Raisins and other dried fruit like apricots, cranberries, apples, blueberries - even bananas are a perfect go anywhere snack for kids!

#DidYouKnow a Grapefruit is actually a cross between a Pummelo and an Orange?

Get the most bang for your buck by always knowing what's in season! Here's the list: <http://ow.ly/l2KVc>

#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>

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

Finger-licking good! For your next get-together, try these Baked Chicken Wings with Tomato, Ginger, and Sweet Onion Chutney: <http://ow.ly/l2Wcr>

In need of a quick snack? In just 5 minutes and 4 ingredients, crunch on these Incredible Edible Veggie Bowls: <http://ow.ly/l2WXn>

Why did the Kiwifruit go out with the Prune? Answer --> Because it couldn't get a date! #Lol #getit? #HealthyHumor

Are sweet potatoes a starchy food? Find out from @Fruit_Veggies expert --> <http://ow.ly/l2YSN>

Dates have a long shelf life and do not require refrigeration. Here are TEN ways to enjoy: <http://ow.ly/l2ZIA>

Add some spice to your life with this Potato, Black Bean, and Kale Skillet: <http://ow.ly/l30y4>

Show the kiddies some love! Let them give you a hand in the kitchen. Here are TEN ways to get them involved: <http://ow.ly/l31eu>

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>

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

Get up, get out, and do something! See why physical activity is important in healthy weight management: <http://ow.ly/l32Cl>

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

How do you turn soup into gold? Put 14 carrots in it! #getit? #lol #healthyhumor

Why was the mushroom invited to lots of parties? Because he was a FUNgi to be with! #FridayFunny #getit? #healthyjokes #healthyhumor #lol

Brighten up your salad with a little grapefruit! #Watch this video to make Grapefruit Salad: <http://ow.ly/l36EO>

#Budget #Tip: Prepare dinner meals by doubling the veggies and reducing the meat, as veggies are often less expensive. Add beans for extra low-cost protein.

#Bake an apple for dessert. Fill the core w/dried fruit and nuts.