

FEBRUARY SOCIAL MEDIA POSTS

Holidays

The flavor of fresh -- oh yes! Join @Fruits_Veggies & @OFreshProduce on 2/3 @ 4pm ET! Learn tasty ways 2 eat fresh FVs! & they've got PRIZES 2! #FreshFlavors

Who wants to win CASH?! Join @Fruits_Veggies & @OFreshProduce on 2/3 @ 4pm ET to share tips & ideas on eating flavorful fresh produce! Yum! #FreshFlavors

@Fruits_Veggies & @OFreshProduce has got #FreshFlavors! Join them on 2/3 @ 4pm ET on Twitter for tasty tips & ideas! Party for a chance to WIN PRIZES!

It's a PARTY! Join @Fruits_Veggies & @OFreshProduce on 2/3 @ 4pm ET for their #FreshFlavors Twitter party! They're sharing recipes, tips & ideas on eating fresh produce!

Get your hearts pumping with the good stuff! For American Heart Month, fill your plate with fruits and veggies!

February is American Heart Month! Learn all about the keys to a heart-healthy diet: <http://ow.ly/XpZ70>

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

This Chicken w/Ginger, Broccoli & Grapefruit recipe provides an excellent source of vit. A, B3, B6, & C! <http://ow.ly/VAIMA> #GrapefruitMonth

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>

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

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

Breakfast is the most important meal of the day! For National Breakfast Month, get started w/these healthy breakfast ideas: <http://ow.ly/Xq9VT>

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>

February is National Cherry Month! Fill your hearts with these delicious & nutritious cherry ideas --> <http://ow.ly/Xqc1B>

For National Cherry Month, @Fruits_Veggies shares their TOP TEN ways to fill your cheeks with cherries --> <http://ow.ly/Xqcjk>

Recipes

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>

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

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

Recipes kicked up to a HEALTHIER notch! Try these nutritious recipes from @Fruits_Veggies: <http://ow.ly/XqcX7>

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

General

When buying snack foods get more bang for your \$\$--fruits/veggies = vitamins, minerals & fiber. Many other foods = sugar, fat & calories.

All frozen, canned, and dried fruits and vegetables, as well as 100% juice start out as fresh so be sure to pick up your favorites or try a new fruit or vegetable the next time you're at the grocery store.

It's a winter wonderland in stores right now! Persimmons, Kale, Grapefruit & MORE are in season right now--get the full list: <http://ow.ly/fUSdS>

Brighten up a gray day by adding canned veggies to ur soups this winter to increase nutrition, flavor, and add beautiful colors!

#TipoftheDay Baked Tortilla Chips have less fat n cal than fried chips--Top w/ non-fat refried beans and salsa for a tasty, filling treat!

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>

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>

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

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

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>

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

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

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

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>

Who says baked apples are for dessert? Fill the aroma of these savory stuffed apples: <http://ow.ly/Xqhla>

Adding veggies to baked goods is 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>

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

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>

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