

## FEBRUARY SOCIAL MEDIA POSTS

### Holidays/Celebrations

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>

Say whaaaatttt?! Eating a 1/2 #grapefruit can help you lose weight...learn more: <http://ow.ly/4yCe30i5WYP> #GrapefruitMonth

Show your heart some love for #AmericanHeartMonth by filling your plate with #fruits and #veggies!

Get your hearts pumping with the good stuff! For American Heart Month, fill your plate with fruits and veggies! Here are some #halfyourplate recipes to get you started: <http://ow.ly/8zeM30i5Xnw>

All #potato lovers report to this post to see just how healthy potatoes are! <http://ow.ly/abjd30i5ZI4> #PotatoLoversMonth

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

It's National #SnackMonth 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 #SnackMonth, reach for the best with @Fruits\_Veggies #snack recipe database: <http://ow.ly/sZIKf>

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

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

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

Reap all the benefits from eating canned fruits and veggies for #CannedFoodMonth! <http://ow.ly/796430i6sbX>

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

For National #CherryMonth, @Fruits\_Veggies shares their TOP TEN ways to fill your cheeks with #cherries --> <http://ow.ly/Xqcjk>

## Recipes

With a quick step the night before, #breakfast is a snap in the morning! Your fam can enjoy a bowl of Tropical #OvernightOatmeal: <http://ow.ly/Jc9c3073AIO>

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

This Quinoa Salad w/Roasted Red Grapefruit and Artichokes from our pals @Fruits\_Veggies is simply amazing! <http://ow.ly/PtGJ308azyS>

#FrenchFries are a potato lover's dream, but wait till you try these baked #Pizza #Potatoes: <http://ow.ly/j9jD30i6tGH>

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

You'll find the hidden treasure in these Rubies and #Greens --> <http://ow.ly/b9ZY30i6tLo>

This One-Dish #RoastedPotatoes and #Apples w/Chicken Sausage is perfect for a cold, winter evening: <http://ow.ly/RwEX308aAhW>

Peas and Corn co-star in this delicious dish: <http://ow.ly/etPh30i6umR>

## General

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

#TipoftheDay: For even cooking, cut veggies into small same-size pieces.

#SideDish #Tip --> Make your #mashedpotatoes with low-sodium chicken broth, garlic, and herbs in the place of butter and heavy creams.

#TipoftheDay: Try a leftover makeover! Spice up leftovers by adding new #fruits and #vegetables to create something new for the next day!

Help us help you...donate! Learn more --> <http://ow.ly/q2ua3089PSC>

Is it safe to eat canned foods AFTER the "use by" date? Find out from @Fruits\_Veggies expert --> <http://ow.ly/PVNd3089ZXb>

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

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