

## JANUARY SOCIAL MEDIA POSTS

### Holidays

Eye-C-Eye, a carrot is good 4 me! It's Nat'l Carrot Month and here are TEN WAYS to power up with this tasty veggie: <http://ow.ly/s9LjL>

Purple White Red or Orange--Crunch ur way thru all the colors 4 Nat'l Carrot Month! Learn how to select/store here: <http://ow.ly/s9LGs>

4 National Soup Month try 1 of @Fruits\_Veggies 40 different fruit/veggie-fused soups to warm ur tummy tonight: <http://ow.ly/s9M4u>

Celebrating National Soup Month is easy with fruits and veggies! Add them to any pot or slow cooker creation to add nutrients, color and flavor!

The original breakfast of champions! For National Oatmeal Month, twist up your topping w/ a different fresh, frozen, canned or dried fruit.

Get cozy with @Fruits\_Veggies Heartwarming Oatmeal w/ Fruit n Nuts for National Oatmeal Month. Get the recipe: <http://ow.ly/s9NrI>

### Special Days

(January 6)

Today is National Bean Day! Whether salads, hummus or on their own, beans are chock-full of nutrients and protein! Check out these easy, beany ones: <http://ow.ly/dYEpY>

(January 9)

It's National Apricot Day so try a PB & A! Try this and 9 other awesome ways to enjoy apricots: <http://ow.ly/dYEPv>

(January 23)

Don't be rude to Rhubarb...especially on Nat'l Rhubarb Day! This tart and tasty treat is a source of VitC to fight the winter flus: <http://ow.ly/s9NNY>

### Recipes

Go, Team, GO! Try snacking on this #healthy recipe for Potato Skins w/ Buffalo Chicken while watching Sunday Football: <http://ow.ly/fURGI>

Winter while you work! Stay warm and toasty thru lunchtime w/ this 10-min make-ahead Corn Chowder: <http://ow.ly/s9OIq>

Fix that Mexican food craving w/ these Chili & Lime Chicken Potato Tacos! A trip across the border for a fraction of the cost: <http://ow.ly/s9P5K>

#MeatlessMonday perfection: Try these protein-filled Bean Salad Stuffed Tomatoes from @Fruits\_Veggies tonight: <http://ow.ly/s9Pqt>

A guiltless pizza party for kids! Serve up these Very Veggie Snack Pizzas at your kids next sleepover: <http://ow.ly/s9PIC>

A side of surprise..This Cabbage Fruit Salad features the season's best and is ready in 10min: <http://ow.ly/s9Q0s>

### 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>

A sweet treat without the heat! @YourProduceMan shows you how to make a delicious persimmon sorbet fast & easy: <http://ow.ly/fUarE>

#DidYouKnow Eating fruits and veggies are good for kidney health? Get the details right here: <http://t.co/YICDxQngfM>

New Year, new resolutions. Create a life-long healthy eating plan with these tips from @Fruits\_Veggies: <http://ow.ly/fUSX9>

No time for the gym? Do a little more of these activities to burn calories during your daily routine: <http://ow.ly/fUTbi>

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

Reach for frozen fruit to enhance the flavor of smoothies and desserts in the winter. Here's a few more ways to enjoy them: <http://ow.ly/rXtNu>

GahBlessU! Now that we're in cold/flu season, can eating more FVs help reduce your chances of catching the viruses? Find out here: <http://ow.ly/fV9QM>

Skip the chill and let the kids play inside! Keep them entertained w/ our fun-filled kids website! <http://ow.ly/fVcmo>

#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!