

JANUARY SOCIAL MEDIA POSTS

Holidays/Celebrations

Happy New Year! Join us & @SunMaidRaisins on 1/7 @ 4pm ET as we swap tips & recipes for our #DriedGems Twitter Party! Win cool prizes too!

Kick off the New Year with an awesome prize! Join us & @SunMaidRaisins for our Twitter Party on 1/7 @ 4pm ET! #tips #recipes & #DriedGems! Yum!

What is a #DriedGem? Find out by joining us & @SunMaidRaisins for our Twitter Party on 1/7 @ 4pm ET! Oh yea, there's prizes too!

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!

Warm, filling, and easy! For National Soup Month, here are TEN reasons why you should make soup: <http://ow.ly/FGgvK>

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

Celebrate National Oatmeal Month in a big way! Here is one way -- take 5 minutes to make Banana Split Oatmeal: <http://ow.ly/FGhXm>

There's nothing like the perfect crunch! For Nat'l Carrot Month, learn how to select and store here --> <http://ow.ly/FGl1B>

Ever had a Carrot Casserole? One word -- Yum! Give it a try for National Carrot Month along with 9 other ways: <http://ow.ly/FGIUT>

Recipes

Slurp up! Put a twist on the traditional and try this Sweet Corn Chowder: <http://ow.ly/FGqXH>

Toss your #MeatlessMonday meal together in no time! Enjoy this Peppers and Orange Spinach Salad for lunch today: <http://ow.ly/FGDoB>

No pizza crust needed! Change it up for pizza night and try this Quick and Healthy Baked Pizza Potatoes: <http://ow.ly/FZDI8>

This Honey Dijon Pear Salad is simple, sweet, crunchy, and DELICIOUS! <http://ow.ly/FZG7d>

Get a taste of the South with this traditional Collards and Black Eyed Peas Casserole recipe: <http://ow.ly/FZO8k>

General

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/FZOV3>

For easy weeknight dinners, add frozen veggies to stir fry dishes or quick casseroles. They're always on hand & budget-friendly!

Nutritious and delicious! Dive your fork into this Roasted Turkey Tenderloin with Onion-Apple Compote: <http://ow.ly/Ey1QL>

Substitutions are a great way to cut calories & increase nutrition! We've got a full list of easy substitutions 4 u: <http://ow.ly/r618k>

#TipoftheDay: When eating out choose meals w/fruits, veggies n beans. Don't mask ur flavorful FVs w/creamy or sugary sauces. Enjoy real food!

Great balance, full of flavor, and just 2k cal/day! Check out @Fruits_Veggies Healthy Menu Ideas: <http://ow.ly/Ey8vf>

Feed a family of 4 with just 10 bucks! Here are 30 healthy dinners to get you started: <http://ow.ly/FZUrb>

Take advantage of the vast assortment of dried fruits available and dress up your cereal or salads...or simply enjoy as a snack!

Is it safe to eat canned foods after the "use by" date? @Fruits_Veggies expert has the answer --> <http://ow.ly/FZVNC>

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

#TipoftheDay: Don't throw out bruised or dented FVs. They can be just as tasty -- just be sure to remove all bruised areas during preparation.

Cherimoya has soft, sweet, white flesh w/ several large black seeds & a tropical flavor. Here are TEN ways to enjoy: <http://ow.ly/FZYOs>

Compliment any meal with a sweet and savory side dish! Add Kale with Raisins to the menu: <http://ow.ly/G0o7v>

New Year, new resolutions. Create a life-long healthy eating plan with these tips from @Fruits_Veggies: <http://ow.ly/G0wNL>

#DidYouKnow Grapefruit got its name from how it grows on the tree, clustered like bunches of grapes? Learn more: <http://ow.ly/G0zdX>

#HealthyHumor: What vegetable do you need a plumber for? Answer --> A LEEK! #Lol

What did the banana do when it saw the monkeys? Answer --> SPLIT! #Lol #Getit? #HealthyHumor

Here's the secret to healthier mashed potatoes : <http://ow.ly/qfxp8>

#MeatlessMonday perfection: Carmelized Mushroom & Vidalia Onion Risotto is a full meal...delicious and nutritious! <http://ow.ly/p1Wm2>

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

We all know eating plenty of fruits and veggies is a win-win situation, but are you debating on making the full transition to a meatless diet? Get the breakdown of the different levels of vegetarianism: <http://ow.ly/pPH1H>

Keep your pantry STOCKED and LOADED! Check out @Fruits_Veggies Well-Stocked Pantry: <http://ow.ly/G4bba>