

JANUARY SOCIAL MEDIA POSTS

Holidays/Celebrations

Celebrating National Soup Month is easy with fruits and veggies! The more, the HEALTHIER! Toss in your favs for color, flavor, & nutrition!

Fill your bowls with the good stuff for National Soup Month! Check out these tasty soup recipes from @Fruit_Veggies: <http://ow.ly/VFPym>

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>

For National Carrot Month, crunch your way through these recipe ideas from our pals @Fruit_Veggies: <http://ow.ly/VFQAk>

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

We've got the perfect recipe for you to try for National Oatmeal Month -- Dragon Fruit Oatmeal Parfait: <http://ow.ly/VFStY>

It's National Dried Fruit Month! Enjoy some of your favorite dried gems in this recipe --> <http://ow.ly/VFTrJ>

Dried fruit = Cereal, oatmeal, salad, yogurt topping, and more! Add these tasty morsels to just about anything! #NationalDriedFruitMonth

Enjoy a bit of sweet in this savory meal -- Curried Chicken w/Raisins & Mushrooms: <http://ow.ly/VJGNe>
#NationalDriedFruitMonth

Recipes

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

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

This rich & creamy Pear Nog is a healthy twist on the traditional egg nog. Try this tasty beverage from @Fruits_Veggies: <http://ow.ly/VICH4>

Scoop up some of your fav veggies in this Easy Vegetable Soup: <http://ow.ly/VIepM>

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

General

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

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>

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>

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

Welcome chefs, Alex Caspero, RD & Andrew Dole, RD into your home -- they offer sound advice & tips to help you eat more FVs + more: <http://ow.ly/Q98wG>

#TipoftheDay: Always remember -- all forms of fruits and veggies count! Fresh, frozen, canned, dried, and 100% juice!

Winter is here and so are the tasty FVs! Check out the season's best from @Fruits_Veggies: <http://ow.ly/UOEnD>

There's nothing like a warm bowl of soup to soothe the soul! Here are TEN reasons why you should make soup: <http://ow.ly/Dxbal>

Need a reason to eat more FVs? @Fruits_Veggies shares ten --> <http://ow.ly/Vlxsk>

Get the year off to a healthy start! Got a FV question -- #AsktheExpert --> <http://ow.ly/VlxYI>

Learn how to make your own healthy plate! @Fruits_Veggies shares how --> <http://ow.ly/Vlz2n>

Smoothies are fun, quick, and easy to make! Become a smoothie expert by following these tips then try these recipes: <http://ow.ly/VlzXG>

Eating black-eyed peas on New Year's Day is thought to bring good luck in the new year -- try this yummy recipe: <http://ow.ly/VIAS1>

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

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

#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.