

January Social Media Posts

For Twitter

(1/6)

Today is National Bean Day! Your Produce Man shows you how quick & easy making meals can be when using canned beans: <http://ow.ly/dYEpY>

(1/9)

It's National Apricot Day & these tasty fruits are great sources of Vitamins A & C! Here are some ways to enjoy them: <http://ow.ly/dYEPv>

Brown Rice w/Sizzling Chicken & Veggies makes for a #healthy & quick weeknight dinner idea: <http://ow.ly/fURqb>

Try snacking on this #healthy recipe for Potato Skins w/Buffalo Chicken while watching the Sunday games: <http://ow.ly/fURGI>

You know what makes a perfect snack for kids this time of the year? Clementines! Easy to peel, sweet & packed w/Vitamin C: <http://ow.ly/fURXw>

Persimmons, Kale & Grapefruit are some fruits/veggies in season right now--get the full list: <http://ow.ly/fUSdS>

Your Produce Man shows you how to make a delicious persimmon sorbet fast & easy: <http://ow.ly/fUarE>

A new year = new resolutions. Creating a healthy diet plan means keeping 4 key things in mind for success: <http://ow.ly/fUSX9>

Instead of spending lots of \$\$ at a gym, here are ways daily activities count as exercise: <http://ow.ly/fUTbi>

Canned veggies are a nutritious & quick way to add flavor to your soup or stew recipes this winter.

Try adding some dried fruit & nuts to your oatmeal to warm you up on cold winter mornings—more nutrition & fiber!

Rely on frozen fruit for delicious smoothies this winter—it's packed w/nutrition & always available! <http://ow.ly/fV8QB>

Buying a combination of fresh, canned, frozen, dried & 100% juice maximizes #nutrition, minimizes waste & saves you money!

Now that we're in cold & flu season, can eating more fruits/veggies help reduce your chances of catching the viruses? <http://ow.ly/fV9QM>

A cross between a lemon and an orange, learn all about the Meyer lemon: <http://ow.ly/fVae8>

Just because the weather is gray outside doesn't mean you can't create a rainbow of color on your plate--here's how: <http://ow.ly/fVaw7>

Got a hectic schedule? Never fear--our seasonal 30 Minutes or Less #recipes are here to make your life easier: <http://ow.ly/fVaLq>

Roasted brussels sprouts drizzled w/olive oil & sprinkled w/salt--get more #healthy ways to cook fruits/veggies: <http://ow.ly/fVaXr>

Diets rich in potassium help maintain a #healthy blood pressure. Here's the best fruits/veggies for potassium: <http://ow.ly/fVbmy>

It's a new year--are you ready for a food makeover?? Here's how to do it the #MyPlate way! <http://ow.ly/fVbDf>

It's never too early to start thinking about your spring garden--here are some ideas to consider when planning: <http://ow.ly/fVbQ4>

Grapefruit are at their peak of flavor right now, but how did they get their name? Your Produce Man has the answer: <http://ow.ly/fVc5G>

Is it too cold for outside play? Keep your kids occupied w/our fun-filled kids website! <http://ow.ly/fVcmo>

Download & Print! Fun, supermarket activities for your kids to teach them about fruits & veggies: <http://ow.ly/fVcFH>

Cold weather means comfort food--here are some ways to keep them cozy, but make them healthier! <http://ow.ly/fVd2G>

Soups on! Select from one of these many hot, healthy varieties like Black Bean or Veggie Chili: <http://ow.ly/fVdpd>

#DidYouKnow ...Belgian endive grows in the dark to keep it from getting green & bitter? Learn more about this veggie: <http://ow.ly/fVdYP>

Kiwifruit is in season & besides being a tasty fruit, it can be used as a natural meat tenderizer! Learn more: <http://ow.ly/fVeaR>

The Healthy Eating Plan Book will help you stay on track & keep your New Year's resolutions: <http://ow.ly/fVev0>

Keep track of your exercise progress w/this handy mini pedometer, only \$4.95--hurry while supplies last! <http://ow.ly/fVeUE>

For Facebook:

My New Year's Resolution is:

- To eat healthier
- To lose weight
- To exercise more
- To get my family to eat healthier
- I don't have any New Year's resolutions

My favorite cold-weather comfort food is:

- A bowl of hot soup or stew
- A homemade casserole
- Fresh baked bread right out of the oven
- Other (leave open for respondents to add their own answers)

Do you plan on adding more fruit and vegetables to your diet this year?

- yes
- no