

## July Social Media Posts

For Twitter:

July is National Blueberry Month! A good source of dietary fiber & Vitamin C--here are some ways to enjoy them: <http://ow.ly/IV8NC>

The thrill of the grill! Throw some fruits & veggies on the grill to celebrate National Grilling Month: <http://ow.ly/IVu6P>

July is National Ice Cream Month--top your favorite flavor w/some fresh summer fruit like peaches, berries, melon or cherries!

It's National Picnic Month--make your picnic filled w/colorful produce & increase the flavor & nutrition, here's how: <http://ow.ly/IVuMo>

4<sup>th</sup> week of the month

It's National Salad Week--make sure you boost the nutrition in your salad w/dark leafy greens & colorful veggies or add fruit for a twist!

(July 3)

It's National Eat Beans Day--Add beans to salads & soups for extra fiber & protein--find your favorite: <http://ow.ly/IVvCx>

(July 4)

Happy 4th of July! Celebrate w/these red, white & blue recipes that are as delicious as they are #healthy! <http://ow.ly/IVwbB>

(July 28)

It's National Hamburger Day! Create a better burger using alternatives to meat: <http://ow.ly/I3xsg>

Get expert advice from Supermarket Dietitians via our weekly Insider's Viewpoint: <http://ow.ly/gBwpV>

Mango Berry Rotini Salad makes a great light lunch or a side dish for your next summer cookout: <http://ow.ly/IQTtK>

Warm days are ideal for dishes that keep you out of the kitchen like Vidalia Onion & Tomato Salad w/Grilled Tuna: <http://ow.ly/IXoR5>

Should you store it in the fridge or on the counter? Fruit & Veggie Storage 101 has the answer: <http://ow.ly/IO6w6>

#DidYouKnow the average ear of corn has 800 kernels arranged in 16 rows?! Here are some ways to enjoy this veggie: <http://ow.ly/IO68g>

Blueberries are at their peak of flavor right now, packed w/antioxidants & full of dietary fiber--how to enjoy them: <http://ow.ly/IXnQp>

Keep hydrated in warm weather by using 100% juice to add a twist of flavor to your water.

Individual canned fruit packs are a convenient snack choice--portable & great for taking along to the pool, park or beach!

When going camping, bring along frozen veggie packs--they double as ice packs & are defrosted & ready to cook for dinner by evening!

Try adding dried fruit to your salads like raisins or dried cranberries to increase the fiber, nutrition & flavor!

Dessert on the grill! Your Produce Man shows you how to grill stone fruit like peaches & nectarines: <http://ow.ly/IXzmj>

Buying in season saves \$\$! Zucchini, peaches & plums are some of the produce in season right now: <http://ow.ly/IXzTF>

Teach your kids how fruits & veggies grow! 5 easy ways your kids can help in the garden: <http://ow.ly/IXBIO>

Busy with summer activities? Don't let that impact your healthy diet--see seasonal 30 Minutes or Less #recipes: <http://ow.ly/IXC4j>

When throwing a summer soiree, don't forget the fruits & veggies! The top 10 ways to spice up your party: <http://ow.ly/IXDim>

Are children at risk of gaining more weight when school is out? Read the research & see what you can do: <http://ow.ly/IXLGE>

Local farmer's markets are in full swing right now w/fresh produce! Find one in your community: <http://ow.ly/IXMjU>

Simple food substitutions help you incorporate more fruits/veggies into each day! Learn more: <http://ow.ly/IXNgK>

Budget-friendly tips--12 ways to make your meals last using fruits & veggies: <http://ow.ly/IXNLE>

Healthy weight management & physical activity--there are so many reasons to get moving! The why, what & how often: <http://ow.ly/IXQjB>

Summer deals--\$1 or less because everyone loves a bargain! <http://ow.ly/IXODy>

Fun activities for kids that also teach them about nutrition at bargain prices: <http://ow.ly/IXPIq>

For Facebook:

If you have zucchini in your garden you know there tends to be plenty of extra, how do you handle the overflow?

What's your favorite summertime fruit dessert?

- Peach cobbler
- Cherry pie
- Blueberry muffins

- Watermelon ice
- Fresh cantaloupe

Do you have a favorite fruit or veggie you like to throw on the grill?