

JULY SOCIAL MEDIA POSTS

Holidays/Celebrations

Stop, drop & fire up the grill! Join @Fruits_Veggies for their #FullOfFlavor Twitter Party Wed. 7/2 @ 4pm ET to get new flavors out of ur fav FVs!

Fall back in love w/ ur grill! @Fruits_Veggies #FullOfFlavor Twitter Party has recipes & tips just 4 FVs! Wed. 7/2 @ 4p ET. #healthy #grilling

Berries-A-Billion! In a shake, salad or atop oatmeal, it's National Berry Month so you have a pass to gorge on fresh, juicy berries!

We know you love blueberries, but have you ever tried Blueberry Soup? Try something new for Nat'l Blueberry Month: <http://ow.ly/yh3Gv>

Selection, nutrition, storage...Here's everything you need to know about blueberries for Nat'l Blueberry Month: <http://ow.ly/yh4lx>

80 cal - 0 fat - Vit A, C, B6, B1 - Potassium - Fiber --> For Nat'l Watermelon Month stay hydrated with the "real" smart water: <http://ow.ly/yh5xp>

Tangy & Sweet! Try this Watermelon & Tomato Salad in honor of Nat'l Watermelon Month: <http://ow.ly/yh5Oc>

Get UP, Get OUT & GRILL! Grilling is a flavorful, healthy way to create FV-infused dishes! For Nat'l Grilling Month, try these Grilled Veggie Packets to start: <http://ow.ly/yh6d2>

Especially for you...Here are the TOP 5 Fruits & Veggies that are GREAT for GRILLING: <http://ow.ly/yh6L9>
#NationalGrillingMonth

Pack the perfect produce-filled picnic to ensure ur family is still reaching their #myplate goals for Nat'l Picnic Month: <http://ow.ly/yh7in>

July is Nat'l Picnic Month! Here are 10 ways to feature fruits & veggies at your next #picnic: <http://ow.ly/yh7PS>

Recipes

Why wait until fall? Canned pumpkin makes its summer debut in this Pumpkin White Bean Chipotle Dip: <http://ow.ly/yhbxs>

Water is great for hydration! Add some fruit 4 a dose of vitamins & flavor -- As seen in these fruit-filled beverage recipes --> <http://ow.ly/yhcQN>

Beat a snack attack with crunchy celery - Or top w/ Apricot Blue Cheese Spread to make it meal-worthy: <http://ow.ly/yhc9w>

What's a #party without dip? Toss the traditionals and give this Sizzlin Southwest Guacamole a try:
<http://ow.ly/yhcpn>

It's SUMMER! No slaving over a stove allowed! But since you need to eat, try one of these 30min or less #recipes: <http://ow.ly/yheoT>

Skip the mayo & add some kick w/our Southwestern Coleslaw at your next #picnic: <http://ow.ly/bBweD>

General

@Fruits_Veggies #ColorsofSummer Contest brings out the BEST in home chefs! Check out the beautiful plates on Facebook!

New. Different. Exotic. Get MORE FVs by trying something new! @Fruit_Veggies database has over 200 FVs to discover: <http://ow.ly/yIsiM>

What veggies grow in the shade? Should I put grass clippings in my garden? See our #gardening FAQs: ow.ly/b6yGw

Fruit & Veggie Popsicles?--that's right! Here's how to sneak a few veggies into your favorite summertime treat: <http://ow.ly/xYX1R>

#TipoftheDay --> Dried fruit & nut mix makes for the perfect on-the-road snack--it's nutritious, stores well and kids love it!

Oh how we LOVE MANGOS! Here's our TOP TEN ways we enjoy them: <http://ow.ly/y91s6>

#Summer heat can steal your appetite, fruit/veggies can help, opt for "light" fare like salads and wraps: <http://ow.ly/yblzT>

Mommy eating in front of the TV while pregnant can pass along a bad habit to her newbie. See how + 3 ways to improve: <http://ow.ly/ydDyi>

A lil spice and everything's nice! See the TOP TEN ways to spice up a party with fruits & veggies: <http://ow.ly/ydFE1>

Thirsty? Here are 8 WAYS to invigorate ur water with FVs & herbs: <http://ow.ly/yb60m>

Cherry season is in full effect! In a salad, spritzer, or in-hand on-the-go ...the Top 10 Ways to Enjoy Cherries: <http://ow.ly/yglhw>

#TipoftheDay BBQs don't have to mean high fat/high calorie foods—marinate veggies in herbs, olive oil/balsamic vinegar & throw on the grill!

Love fresh basil? A sharp knife is key! Learn the proper way to handle this fragrant herb in 60sec: <http://ow.ly/ydGsF>

#WOWFactor --> According to the Guinness Book of World Records, the largest onion ever grown weighed 10 pounds 14 ounces.

School is great but healthy eating should continue at home! Need ideas? Kid recipes -->
<http://ow.ly/xWc0E>

Stay #cool as a cucumber -- Tests show that on a hot day the inside pulp of a cucumber is about 20% cooler than the outside temperature.

Peel & Slice. Stir & Spice. Find these + 8 other ways to get #kids involved in #healthy cooking and shopping: <http://ow.ly/xVoVt>

Help your body help you! Get to know PHYTOCHEMICALS and what they can do: <http://ow.ly/xVoDa>

How's ur home life? See how keeping fruits and veggies on display can positively impact u and ur family's waistlines: <http://ow.ly/xVn2T>

Confused by how many fruits and veggies to eat? Discover how much you need for a #healthy lifestyle: <http://ow.ly/xSzRs>

Any vitamin A in Collards? Is fiber in potatoes? How many snap peas should u eat? Get easy answers to reach ur goals: <http://ow.ly/xSyVP>

Are children at risk of gaining more weight when school is out? Read the research & see what you can do: <http://ow.ly/xQD51>

#TipoftheDay More color, more antioxidants! Eat a variety of fruit/veg – white too! – for maximum nutrition.