

JULY SOCIAL MEDIA POSTS

Holidays/Celebrations

July is National Grilling Month! Join us for #TheGoldenGrill Twitter Party on 7/1 @ 4pm ET! We're sharing grilling tips, recipes, and more!

Fire up #TheGoldenGrill & join us on 7/1 @ 4pm ET! We're throwing a backyard BBQ and throwing your favorite FVs on the grill! Don't miss it!

Ready, set, GRILL! We're cooking up tips, recipes, and ideas on 7/1 @ 4pm ET! No RSVP NEEDED...just bring a dish! LOL! #TheGoldenGrill

As a snack or on top of a salad -- we just LOVE BLUEBERRIES! Here are TEN ways to enjoy for Nat'l Blueberry Month: <http://ow.ly/O2CCh>

#DidYouKnow a single bush can produce as many as 6,000 blueberries a year? Learn more for Nat'l Blueberry Month: <http://ow.ly/O2Dpa>

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!

For National Berry Month, learn the difference between "true" berries vs. berry-like + a berry-licious recipe: <http://ow.ly/O2Fu1>

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, and savory! For Nat'l Watermelon Month, try this Roasted Beet, Watermelon and Medjool Date Salad: <http://ow.ly/O2Een>

July is National Picnic Month! Pack the perfect picnic with these colorful & nutritious ideas --> <http://ow.ly/O2EzC>

Pack more produce! For Nat'l Picnic Month, check out TEN ways to feature FVs at your next picnic --> <http://ow.ly/O2EXH>

What's ur fav FV to throw on the grill? For Nat'l Grilling Month, here are 5 FVs that are GREAT for grilling: <http://ow.ly/O2FXI>

Grilling is a flavorful, healthy way to create FV-infused dishes! For Nat'l Grilling Month, try these Grilled Eggplant & Tomato Sandwiches: <http://ow.ly/O2HiY>

Recipes

Get the party started with these Grilled Scallops & Watermelon Kebabs! <http://ow.ly/O2lhH>

Give your salad a MANGOVER! Try this refreshing Mango and Smoked Turkey Salad for lunch today: <http://ow.ly/O2Kev>

Sit back, relax and quench your thirst with a tall glass of Peach Cooler: <http://ow.ly/OoiYy>

Finger-lickin' good! The next time you're in the mood for guacamole, try this AMAZING Avocado Salsa --> <http://ow.ly/O5o1r>

Cool, crunchy, and delicious! These New Wave Chicken Salad wraps are the perfect summer meal: <http://ow.ly/Olv2z>

Skip the cakes and cookies and indulge in a Fruit Salad w/Citrus Sauce: <http://ow.ly/OonjX>

General

For a refreshing summer treat, freeze 100% juice to make healthy popsicles or add juice to sparkling water for a tasty twist.

BERRY-tastic! Choose some of your favorite JUICY berries and whip up this Mixed Berry Salad: <http://ow.ly/O5rov>

Use a fork to pierce uncooked veggies (like potatoes) while cooking to keep from bursting--30 more cooking tips: <http://ow.ly/l3Kwo>

Rise to any occasion by adding MORE to every meal! No meal is complete without fruits and veggies! Get #recipes: <http://ow.ly/x0xFu>

#TipoftheDay – use applesauce cups as a dip for other cut up fruit like strawberries or melon.

Enjoy the TASTE of eating right! Marilyn Mills, RD of Hannaford shares 11 tips for BETTER meals n snacks: <http://ow.ly/x1pZ0>

What exactly are "healthy" foods? Don't be fooled. Get the facts: <http://ow.ly/wDBDu>

#TipoftheDay: Try adding diced tomatoes, cucumbers and onions to your turkey-dogs. Colors are "in" this season so make your plate a rainbow! Color=Variety=Nutrition! <http://ow.ly/aPOsJ>

A summer bod is within your reach -- Trim off those last few stubborn areas with fruits and veggies! Find out how: <http://ow.ly/xcunR>

Do fruits & veggies lose nutrients once they pass their point of ripeness? @Fruits_Veggies expert has the answer --> <http://ow.ly/O5tsM>

Relaxation in full effect! A day at the pool wouldn't be complete without a glass of Watermelon Pina Colada: <http://ow.ly/O5vbX>

#DidYouKnow there are two types of honeydews -- one with green flesh and the other with orange flesh?

#FridayFunny: If a carrot & a cabbage ran a race, who would win? Answer --> The cabbage, because it is a head! LOL, @Fruits_Veggies is too funny!

What do you call an angry pea? Grump-pea! Lol, get it? @Fruits_Veggies is sharing #HealthyHumor!

Entertaining can be so much FUN when fruits and veggies are included! Check out ways to party with FVs: <http://ow.ly/OIETg>

Full of fiber and vitamin C, this Peach & Banana Milkshake is a great afternoon treat: <http://ow.ly/OIFLY>

Nom Nom! A burger with a lil' twist! The fam will enjoy these juicy Turkey Burgers w/ Spinach and Pineapple: <http://ow.ly/OIldf>

Pick a peck of pickled...carrots? #Watch this video to learn how to pickle carrots and jalapeno peppers: <http://ow.ly/OIIBX>

Caramelized to perfection! Add these Grilled Vegetables on your plate for your next meal: <http://ow.ly/OIKlv>

@Fruits_Veggies has tips and ideas to help the kiddies get cooking in the kitchen: <http://ow.ly/OIL2t>

Iron, calcium, and fiber are some key nutrients found in FVs! Learn more about key nutrients from @Fruits_Veggies: <http://ow.ly/OIStj>

#DidYouKnow one acre of land grows about 50,000 pounds of strawberries?

#TipoftheDay: Teach children to read food labels so that they can plan healthy meals.

Want a light lunch? This Easy Greek Salad from @Fruits_Veggies will do the trick: <http://ow.ly/OIXnt>

Welcome @Fruits_Veggies chefs, Alex Caspero, RD & Andrew Dole, RD into your homes as they share unique ways to add FVs to ur meals: <http://ow.ly/Om0Sf>

Looking for projects to help your community stay healthy? @Fruits_Veggies expert can help --> <http://ow.ly/Om5eR>

Fill your plate with delicious FVs! Get summer meal ideas from @Fruits_Veggies: <http://ow.ly/Om863>

#TipoftheDay: Juice boxes are great on the go because they don't require refrigeration.

Gardening can improve your health! Get the facts from @Fruits_Veggies: <http://ow.ly/OmahX>

Get your morning off to a great start! Enjoy this Tomato and Garlic Omelet: <http://ow.ly/OmcBX>