

JULY SOCIAL MEDIA POSTS

Holidays/Celebrations

Join @Fruits_Veggies & @OrchardViewCherries on 7/6 @ 4pm ET for the #MerryCherry Twitter party! We're sharing tips & ideas on how to get the most out of your cherries!

Holy moly #MerryCherry! Join @Fruits_Veggies & @OrchardViewCherries on 7/6 @ 4pm ET as they talk all things CHERRIES!

Love to chomp on cherries? Join @Fruits_Veggies & @OrchardViewCherries on 7/6 @ 4pm ET to share your favorite ways to enjoy cherries -- PRIZE ALERT: CHERRY CHOMPER! #MerryCherry

#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>

Grab the BLUEBERRIES & we'll take it from there! Check out these SWEET ideas highlighting these nutritious gems: <http://ow.ly/ljIS301JYm5> #NationalBlueberryMonth

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>

Any way you slice it, WATERMELON is WONDERFUL! Don't believe us? Just watch --> <http://ow.ly/peAv301JYLM> #NationalWatermelonMonth

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

Grilled Chicken Lettuce Wraps w/Blueberry Bell Pepper Relish -- thank us later!
<http://ow.ly/GiFL301JZaC>

Pair this Chilled Blueberry Soup w/ salmon and you've got yourself a meal: <http://ow.ly/Zyki301JZon>

Happy 4th of July! We've got the perfect festive dessert -- Red, White, & Blue Watermelon Sundaes: <http://ow.ly/MVHX301JZFn>

Going out for a picnic? Pack this Balsamic Chicken Salad -- no mayo needed! <http://ow.ly/4uvq301JZYu>

"I'm tired of being on vacation," said no one ever! Sit back, relax, and enjoy a tall glass of Melon Cooler: <http://ow.ly/hvgC301K3Ay>

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>

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

#TipoftheDay: Try adding diced tomatoes, cucumbers and onions to your turkey-dogs.

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?

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

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

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

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>

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.

Throw away the measuring cups—just follow the #MyPlate guidelines & you'll be sure to get your daily requirement of fruits & veggies!

Think #healthy eating is expensive? Consider that \$2 of fruit = fiber & vitamins, while \$2 of cookies = sugar, calories & fat.

#WCW #WrapCrushWednesday - Tuna and Black Bean Salad Wraps --> ow.ly/E7HW301LuBJ

Serve up these Cucumber Canoes the next time you want a snack --> <http://ow.ly/XvCk301Lwhh>

Eating fruits n veggies=greater well-being, curiosity and creativity. Who knew?! <http://ow.ly/S34S6>

The whole family will LOVE this REFRESHING Blueberry & Chicken Pasta Salad w/Field Greens:
<http://ow.ly/NyCgQ>

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

PBH has been leading the way to healthy eating for 25 years! #PBHTurns25

#TipoftheDay: Eat small frequent meals (4 to 6) or have a glass of water or some fruits and vegetables about a half an hour before a meal.

Take your taste buds to the SWEETER side! Try this Brown Rice Pilaf w/Cherries & Pine Nuts:
<http://ow.ly/XDFMv>

Nutritious eating knows no season! Learn about the versatile superfood, canned pumpkin + 5 ways to add it to your life: <http://ow.ly/Uinu0>

Lacking energy, and don't eat veggies? Our #expert can help --> <http://ow.ly/VkHgN>

Creating a healthy meal plan doesn't have to be complicated. We can help get you started -->
<http://ow.ly/TTL4C>

Do your body good! Get the nutrients you need from FRUIT and VEGGIES!

Fruits and veggies don't need to break the bank! Get smart -- check out these \$\$\$ saving tips -->
<http://ow.ly/UUyjZ>

Become more physically active by doing this --> <http://ow.ly/X7cKY>

Just 5 fruits and veggies a day helps keep the risk of diabetes away? Find out: <http://ow.ly/VqDZx>

What's for lunch? Try this refreshing Field Greens w/ Fresh Pineapple & Pancetta Salad:
<http://ow.ly/UqxNp>