

JULY SOCIAL MEDIA POSTS

Holidays/Celebrations

The more berries, the merrier! Enjoy them in a smoothie, salad, or by themselves...SWEET!
#NationalBerryMonth

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

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

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

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>

@Fruits_Veggies has lots of flavors for the grill for National Grilling Month! Download their grilling eBook today! <http://ow.ly/xKKk30cSR0V>

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>

Recipes

Use your JUICY watermelon to try Watermelon Gazpacho! It's a cool appetizer on a warm, sunny day -->
<http://ow.ly/QJ2I300zK8S>

These Power Berry Smoothies will give you just the energy you need on a hot summer day:
<http://ow.ly/YEpx300zMtm>

This Summer Potato Salad with Lemon-Parmesan Dressing is sure to steal the show at your next picnic:
<http://ow.ly/NCEIO>

Low-Salt Grilled Veggies? Of course! <http://ow.ly/K3JS300A1I7>

We're totally drooling over these Avocado Summer Wraps: <http://ow.ly/CvBn300AeTy>

Enjoy BOWL-loads of flavor when you try a Strawberry Shrimp Zucchini Noodle Bowl: <http://ow.ly/tlnK30cSRUa>

Cool, refreshing, nutritious, delicious --> Cucumber Blueberry Salad: <http://ow.ly/7gtQ30cSSar>

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

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

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>

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

General

#TipoftheDay: Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

#DidYouKnow Watermelon is 92% water? Learn more about this juicy fruit --> <http://ow.ly/NyVyp>

Crisp carrots, cool celery, tasty tomatoes, & beautiful broccoli is one of @Fruits_Veggies fav veggie tray combos. What are yours?

How does natural sugar affect your body and mind compared to refined sugar? Ask @Fruits_Veggies expert --> <http://ow.ly/2005300zOJ2>

Pack plenty of fruits & veggies, along with the sunscreen, before you hit the beach or pool. <http://ow.ly/S34t2>

Looking for healthy recipes & ideas? Check out @fruits_veggies Pinterest Board to get PINspired --> <http://ow.ly/YCKah>

Kick the candy to the curb! Grill pineapple, peaches or mango. Top w/ a dollop of low-fat ice cream, frozen yogurt or sherbet. Sweet tooth...satisfied!

Throw a tapas party with these delicious recipe ideas from @Fruits_Veggies mom blogger: <http://ow.ly/2Gux30cSSuc>

Beat the heat and keep your fruits and veggies safe! Learn more from Carrie Taylor, RD: <http://ow.ly/qBMW30cSSyh>

#DidYouKnow long-term #stress can add inches to your #waistline? Get the facts + ways to manage your stress! ow.ly/3xfk30cOPwi