

JUNE SOCIAL MEDIA POSTS

Holidays/Celebrations

What time is it?! #FreshTime! Join @Fruits_Veggies 4 a festive Twitter Party 6/4/14 @4pmET to swap secrets on how u use fresh the best!

Get FRESH w/ @Fruits_Veggies during their Twitter Party on 6/4/14 @ 4pmET! Share tips to get the most out of ur seasonal favs. #FreshTime

Celebrate Nat'l Fresh Fruit & Veggie Month by taking advantage of the FRESHEST, in-season ingredients. Get the list: <http://ow.ly/x9PiZ>

Tis' the season to be FRESH! For Nat'l Fresh Fruit & Veggie Month, save a buck & grab the best w/ these handy tips: <http://ow.ly/x9Qxp>

#DidYouKnow the tiny black seeds in papaya are edible, slightly peppery, and perfect for salad dressings? Get MORE for Nat'l Papaya Month: <http://ow.ly/x9ReV>

Take a trip to the islands for Nat'l Papaya Month or stay at home and feel whisked away with this TOP TEN: <http://ow.ly/x9Ruz>

Special Days

(June 11)

Kick your corn up a notch with lime and chili in this BBQ-ready recipe for Corn on the Cob Day: <http://ow.ly/x9TW6>

(June 15)

Flip the script for #FathersDay and fire up the grill for HIM! Start with this Grilled Steak & Peppers Salad w/ Pears: <http://ow.ly/x9UBr>

(June 17)

Try veggies a new way for #EatYourVegetablesDay! @Fruits_Veggies has over 1,000 ideas to get you started: <http://ow.ly/x9Vcl>

(June 21)

We made it to the #FirstDayofSummer! Enjoy a beachside lunch or romantic sunset by the lake with these nutritious picnic ideas: <http://ow.ly/x9XHL>

Recipes

This twist on classic bruschetta will make breakfast extra special! Try this Avocado Breakfast Bruschetta: <http://ow.ly/x9Z4Q>

Wake & Bake! Impress ur morning guests by prepping this Bell Pepper & Vidalia Onion Strata w/ Fresh Salsa the night before: <http://ow.ly/x9ZXx>

A sweet side surprise! This Chilled Blueberry Soup pairs well with Salmon but also can deliver flavor and nutrients to any meal: <http://ow.ly/xa2hV>

This Garden Frittata has a perfect blend of colorful veggies that make for a delicious single-dish meal worthy of any occasion: <http://ow.ly/xa2Lt>

Bored w/ tired toast? Drop the jam and pick up these Strawberry Mango Feta Toast Points to get a jump on your day: <http://ow.ly/xa3GD>

General

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

When working to reach or maintain a healthy weight, don't deprive yourself-- Balance to succeed!
<http://ow.ly/l3Fg9>

Gardening Reminder for June --> What should you be doing? Find out: <http://ow.ly/wuWkz>

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

NEW Before & After plate comparisons--find your favorite dish & learn how to make it healthier:
<http://t.co/ydt9LY0KKQ>

Grilling season is here! Karen Buch, RD of Weis Mkts shows u how to build a BETTER burger + 6 tasty recipes: <http://ow.ly/x60eq>

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

Are you going NUTS? Get the SCOOP on your favorite nuts here: <http://ow.ly/xcpFb>

#RoadTrip! Get some great ideas for smart & sensational summer snacking while on the road:
<http://ow.ly/xcpL6>

Got a fruit or veggie question? @Fruit_Veggies can help! ASK THE EXPERT, Dr. Elizabeth Pivonka, RD:
<http://ow.ly/xcpPK>

#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>

Citrus fruit & women? Get the facts on how citrus can have a positive impact on women and reduce their risk of stroke: <http://ow.ly/xcpTp>

#RT: TOP TEN reasons to eat MORE fruits and veggies: <http://ow.ly/wWnXJ>

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

#TipoftheDay More color, more antioxidants! When possible, choose spinach over head lettuce, sweet potatoes over regular potatoes.

Watermelon is 92% H2O. A slice of this chin-dribbling fruit is like drinking a glass of water & a great way to stay hydrated! Find out more: <http://ow.ly/xcs0w>

Should you put grass clippings in your garden? What you need to know about this tricky strategy: <http://ow.ly/xcv39>

Colors are "in" this season so make your plate a rainbow! Color=Variety=Nutrition! <http://ow.ly/aP0sJ>

Fruits, veggies and fitness go hand in hand! Ever feel the burst effect? Try quick, rigorous 5-10min workouts throughout the day to keep the pep in your step. Find out more about diet and fitness: <http://ow.ly/xcsEh>

A quick video on why you should PULL apart lettuce before storing vs. cutting it: <http://t.co/whzQaY5Nvm>

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>

Tempting pictures of recipes flood @Fruits_Veggies Pinterest board! Get a new idea for tonight: pinterest.com/fvmorematters/