

JUNE SOCIAL MEDIA POSTS

Holidays/Celebrations

June is Fresh Fruit & Veggie Month! @Fruit_Veggies is celebrating w/a #GetFresh Twitter Party! Join them on 6/3 @ 4pm ET to swap summer FV recipes & more!

Get your summer produce ready! @Fruit_Veggies is throwing a #GetFresh Twitter Party on 6/3 @ 4pm ET and you're invited! No RSVP NEEDED!

Let the festivities begin! Join @Fruit_Veggies on 6/3 @ 4pm ET to share tips & recipes to get the most out of your seasonal favs! #GetFresh

#TwitterParty ALERT! Summer is near & it's time to celebrate! Join @Fruit_Veggies on 6/3 @ 4pm ET as they #GetFresh w/FVs!

June is National Fresh Fruit and Veggie Month! Take advantage of the FRESHEST, in-season produce! See the list: <http://ow.ly/NyzKW>

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>

Papayas are an excellent source of vitamins A & C! Learn more about this EXOTIC fruit for National Papaya Month: <http://ow.ly/NyASo>

#DidYouKnow the tiny black seeds in papaya are edible, slightly peppery, and perfect for salad dressings? For National Papaya Month, here are TEN ways to enjoy: <http://ow.ly/NyBz4>

Recipes

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

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>

Add COLOR & FLAVOR to ur #MeatlessMonday meal! The whole family will enjoy this Cheese Pizza Topped w/Chopped Salad: <http://ow.ly/LxKJ1>

This Spicy Fruit Salsa is AMAZING! Pair it with grilled chicken or fish: <http://ow.ly/NyE59>

Try this FRESH and VIBRANT Spinach Pesto Pasta dish tonight: <http://ow.ly/NyMaw>

General

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

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

You know it's a party when this Grilled Eggplant and Black Bean Party Dip is on the menu: <http://ow.ly/Mbtua>

Snack time! This Peanut Hummus & Vegetables is delicious! <http://ow.ly/NyV8a>

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

#TipoftheDay: Mix iceberg lettuce with spinach and other leafy greens.

Try these California Dreamin' Chicken Tacos with Peach Slaw for #TacoTuesday: <http://ow.ly/NyW9Y>

Meet chefs Alex Caspero, RD & Andrew Dole, RD from @Fruit_Veggies! They offer tips & delicious recipes to help you eat more FVs: <http://ow.ly/NyWMJ>

How long can lemons be stored? @Fruit_Veggies expert has the answer --> <http://ow.ly/NyXe2>

The possibilities are ENDLESS! @Fruit_Veggies shares over 50 healthy ways to cook fruits & veggies: <http://ow.ly/NyXDr>

Interested in PERFORMANCE NUTRITION? Check out this column from @Fruit_Veggies Performance Nutrition Expert, Andrew Dole, RD: <http://ow.ly/NyYG5>

Grilling season is here! See how to build a BETTER burger + 6 tasty recipes: <http://ow.ly/x60eq>

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

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

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>

What did the banana in the sun say to the other banana in the sun? Answer --> I don't know about you but I'm starting to peel! LOL, @Fruit_Veggies has us cracking up!

#HealthyHumor --> What is King Kong's favorite food? Answer --> APE-ricots! @Fruit_Veggies is hilarious! #FridayFunny

Taste a rainbow of FVs! Try this yummy Rainbow Slaw Salad from @Fruit_Veggies! <http://ow.ly/Nz42V>