

JUNE SOCIAL MEDIA POSTS

Holidays/Celebrations

We're getting #CreativeWithCanned on 6/1 @ 4pm ET! Join @Fruits_Veggies & @CAGrownFruit to swap tips, recipes, & ideas for your favorite canned produce!

How do you enjoy your canned produce? Tell @Fruits_Veggies & @CAGrownFruit all about it on 6/1 @ 4pm ET for their #CreativeWithCanned Twitter Party!

Join @Fruits_Veggies & @CAGrownFruit for their #CreativeWithCanned Twitter Party on 6/1 @ 4pm ET! They're giving away CAN-TASTIC prizes too! It's a party you don't wanna miss!

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

Keep it FRESH for National Fresh Fruit & Vegetable Month with these awesome storage tips: <http://ow.ly/nYN6300zHdN>

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

We're pumped for National Papaya Month! @Fruits_Veggies shares their TOP TEN ways to enjoy this EXOTIC fruit: <http://ow.ly/kHUx300zIjR>

Recipes

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

Papaya Salsa? Absolutely! Try this Papaya and Black Bean Salsa with chicken or fish from @Fruits_Veggies: <http://ow.ly/850J300zJ0p>

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

How yummy are these Orange Mango Chicken Lettuce Wraps? Very! <http://ow.ly/bHuQ300zMb4>

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

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.

#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?

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

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

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

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

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 is too funny!

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

How does natural sugar affect your body and mind compared to refined sugar? Ask @Fruits_Veggies expert --> <http://ow.ly/2O05300zOJ2>

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

Keep the kiddies HEALTHY & HAPPY this summer with these kid- friendly recipes from @Fruits_Veggies--> <http://ow.ly/Pd0v300zTXy>

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

Looking for Nutrition Education Materials? @Fruits_Veggies has just what you need...for FREE! <http://ow.ly/ZQU80>

Get the latest news and research about fruits and veggies from @Fruits_Veggies: <http://ow.ly/t0bGU>

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!

What's brown, hairy and wears sunglasses? A coconut on vacation! Hahaha @Fruits_Veggies has us cracking up!

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