

## MARCH SOCIAL MEDIA POSTS

### Holidays/Celebrations

Take a step in the right direction for National Nutrition Month by increasing your FV intake.

@Fruits\_Veggies show you just how to do it: <http://ow.ly/tXg4N>

March is National Nutrition Month! We've got the TOP TEN Reasons you should be adding fruits & veggies to your diet: <http://ow.ly/hELUF>

Happy Frozen Food Month! Frozen fresh at their peak, these gems come in handy when you're short on time. Get the most out of your frozen food with these tasty recipes: <http://ow.ly/tXgE4>

March is Frozen Food Month--picked at the peak of flavor--frozen fruits/veggies lock in vitamins, making them a convenient meal addition!

Make frozen foods a staple in ur home! Join @Fruits\_Veggies Twitter Party 3/5 @ 4pmET to get the most out of them and keep your goodies #FrostFree!

Happy St. Patrick's Day! Celebrate w/this Corned Beef & Cabbage Soup from @Fruits\_Veggies #Healthy Meals Board: <http://ow.ly/hENPz>

Smooth, creamy & nutritious! Get GREEN for St. Patty's Day with an Avocado Melon Breakfast Smoothie: <http://ow.ly/tZArR>

Snack time! National Celery Month is a perfect time to crunch into Celery w/ Apricot Blue Cheese Spread: <http://ow.ly/tZANF>

For National Celery Month, find out how this nutrient-dense veggie may have more than meets the eye: <http://t.co/tgDmSQ3dQ3>

Add a little crunch to your life! For National Celery Month, check out the TOP TEN ways to enjoy this scrumptious veggie: <http://ow.ly/tXfFm>

### Special Days

(March 1)

Peanut Butter Oatmeal is the perfect way to start your morning on National Peanut Butter Lover's Day! <http://ow.ly/hEN4v>

(March 7)

It's National Cereal Day! Boost your cereal's #nutrition by adding dried fruit like raisins or dates, fresh berries or sliced banana.

(March 11-17)

It's Salt Awareness Week! Fruits & veggies are naturally low in sodium & use citrus juice or herbs for seasoning them and other foods.

(March 25)

Today is National Pecan Day--try adding these protein & fiber-packed nuts to your cereal, salad or baked goods! <http://ow.ly/hEOg6>

(March 26)

It's National Spinach Day! Popeye was no dummy--this leafy green is high in fiber, Vitamins A & C, iron & folate! <http://ow.ly/hEOH4>

### Recipes

Got 30 minutes? Skip the drive-thru and throw together one of these many 30-min or less recipes: <http://ow.ly/tZBPw>

Raid the pantry to create a nutrition delight tonight! Try this 4-bean salad to impress your family in a flash: <http://ow.ly/tZBuA> #MeatlessMonday

Apples and Brussels Sprouts team up for a knockout side dish – roasted and seasoned to perfection: <http://ow.ly/tZDdc>

Top-notch flavor and nutrition is served up healthily in this Pear Bistro Salad: <http://ow.ly/tZDsl>

Excite your palate with a Lime-marinated Onion Salad! Delicious on the side of many southwestern foods: <http://ow.ly/tZDFk>

### General

Hands-on Learning: Kids like to help out--here are some ways to let them get involved in the kitchen: <http://ow.ly/emZQP>

#Healthy eating is affordable—USDA says 1 cup fruit averages \$0.50, so sub 1 cup fruit for 1 donut each day (and save on fat/calories!).

Boost their brain power with healthy fruits and veggies! Make your kids the envy of the lunchroom w/ these tips: <http://ow.ly/ob9Fn>

A well-stocked pantry will have you prepared for ANY meal! Here's a list of items to keep on hand: <http://ow.ly/cLOjE>

Think u can't eat #healthy on a budget? Not so! ALL forms of fruits/veggies count toward good #nutrition—learn more: <http://ow.ly/mGlVz>

When planning your next celebration, keep fruit/veggies on the menu! Top 10 Ways to Spice Up Your Party w/F/V: <http://ow.ly/hERDK>

Fast Food & Childhood Obesity: Fast is only part of the problem. Uncover the bigger issue here: <http://ow.ly/tZJS2>