

MARCH SOCIAL MEDIA POSTS

Holidays/Celebrations

Are you a #FrozenFoodie? Join @Fruits_Veggies, @GreenGiant & @FrozenFoodies on 3/4 @ 4pm ET as they swap tips to make delicious dishes with frozen veggies!

#TwitterPartyAlert! Join @Fruits_Veggies, @FrozenFoodies & @GreenGiant on 3/4 @ 4pm ET for their #FrozenFoodie Twitter Party! #Tips #recipes #ideas

@Fruits_Veggies is freezing it up with @GreenGiant & @FrozenFoodies on 3/4 @ 4pm ET! If you want to become a #FrozenFoodie, join in on the fun!

There are more reasons than one to enjoy Celery! For National Celery Month, @Fruit_Veggies shares TEN ways: <http://ow.ly/JBoBe>

Add a little crunch to your life! For National Celery Month, snack on Celery Stuffed w/Apricot Blue Cheese Spread: <http://ow.ly/JBpKC>

For National Pecan Month, add a lil' crunch to tonight's side dish w/ this scrumptious Pecan-Crusted Broccoli: <http://ow.ly/JBqFS>

#FunFact: #DidYouKnow if you stacked 11,624 pecans end to end your stack would be as tall as the Empire State Building? #NationalPecanMonth

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>

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

March is National Frozen Food Month! Here are reasons why you should have this kitchen staple to complete fam meals: <http://ow.ly/JByDQ>

Recipes

Frozen fruit and veggies make some of the best meals, side dishes, and drinks! Check out these recipes: <http://ow.ly/JBAaT>

Today's #MealCrushMonday goes to this Spinach, Strawberry & Pecan Salad from @Fruit_Veggies: <http://ow.ly/JBB7M>

Fish + Fruit = the perfect flavorful combo! In less than 30, Roasted Salmon w/Peach Tomato Salsa will be dancing on your taste buds: <http://ow.ly/JBDhz>

Happy St. Patrick's Day! Celebrate the start of the day with this green Avocado Melon Breakfast Smoothie: <http://ow.ly/JBDNH>

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!).

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>

#TipoftheDay: Use perishable fruits and vegetables at the week's beginning, and frozen or canned varieties at the end!

As we wave goodbye to Winter, we welcome Spring! Check out the season's best fruits and veggies: <http://ow.ly/JBFBQ>

#DidYouKnow the Fiddlehead Fern was named because it resembles the curled ornamentation on the end of a violin? Learn more: <http://ow.ly/JBG13>

Honeydews are in season! Check out TEN ways to enjoy from @Fruit_Veggies: <http://ow.ly/JBHmV>

What are the benefits of different colored fruits and vegetables? @Fruit_Veggies expert has the answer: <http://ow.ly/JBKuA>

#TipoftheDay: Visit your local farmers market. It's a great way to learn what's in season.

As the weather gets warmer you may find yourself outdoors a little more! Check out the FV happenings in your area: <http://ow.ly/JBLmt>

Enjoy the taste of a variety of fruits in this lovely Lychees Fruit Cocktail: <http://ow.ly/JBMoY>

#DidYouKnow Radishes come in red, pink, white, and black colors, and some varieties can grow to 100 pounds or more?