

## MARCH SOCIAL MEDIA POSTS

### Holidays/Celebrations

#SavortheFlavor w/us & @CannedFoodFan! Join us on 3/2 @ 4pm ET -- we have delicious tips, ideas, recipes, and PRIZES!

Join us & @CannedFoodFan on 3/2 @ 4pm ET for our #SavortheFlavor Twitter Party! Don't miss the celebration for National Nutrition Month!

Get ready to celebrate National Nutrition Month with us & @CannedFoodFan! Join us to #SavortheFlavor on 3/2 @ 4pm ET!

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

Delicious flavor and the perfect texture -- this Pineapple Chicken Salad w/Pecans is perfect for #PecanMonth: <http://ow.ly/YCnih>

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

There's many ways to CRUNCH CRUNCH For National Celery Month! Here are TOP TEN ways to enjoy this scrumptious veggie: <http://ow.ly/tXfFm>

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

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>

It's National Nutrition Month! We've got the TOP TEN Reasons you should be adding FVs to your diet: <http://ow.ly/hELUF> #SavortheFlavorofEatingRight

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>

### Recipes

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

Talk about treat -- enjoy this delicious snack --> <http://ow.ly/YCvUa> #SavortheFlavorofEatingRight

Taste tested, vegetarian approved! Try this Quick Minestrone Soup: <http://ow.ly/YCy8R>

#SavortheFlavorofEatingRight with this savory salad in sight! Sirloin w/Roasted Vegetable Salad --> <http://ow.ly/YCCct>

Cheers to St. Patrick's Day! Drink this awesome green smoothie --> <http://ow.ly/YCEfV>  
#SavortheFlavorofEatingRight

Wrap up the good stuff! Try one of @Fruits\_Veggies favorite wraps! <http://ow.ly/YCFbc>

### General

Shoppers! Buy FVs in season & supplement w/frozen, canned & dried FVs—all are nutritious & you'll save money! #SavortheFlavorofEatingRight

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

Think Variety, Think Color! A rainbow on ur plate delivers a broad range of nutrients. Find out how & get ideas: <http://ow.ly/t0bfO>

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>

Wonder what the nutrition facts are for your FVs? Well, wonder no more! @Fruit\_Veggies has all the facts right here: <http://ow.ly/t0cO4>

Trying to lose weight? The #1 diet trick is to eat fruits & veggies! Learn more: <http://ow.ly/t0dck>

#TipoftheDay Let a salad be a salad! Use light vinegar-based dressing vs. mayo. You can save more than half the fat & calories!

Learn how to shape your meals around fruits and veggies with our easy-to-execute meal planning guide: <http://ow.ly/t0dOz> #SavortheFlavorofEatingRight

#TipoftheDay: #SavortheFlavorofEatingRight by tossing raisins into baked goods, yogurt or oatmeal.

Why did the grape stop in the middle of the road? Because he ran out of juice! #LOL #HealthyHumor

Last minute supper...coming right up! Chicken Veggie Risotto is on the menu tonight: <http://ow.ly/YCW8a>

Are nutrients lost to oxidation when fruits and vegetables are blended? #AsktheExpert --> <http://ow.ly/YCWSb>

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