

MARCH SOCIAL MEDIA POSTS

Holidays/Celebrations

Here's a salad that's sweet, tangy, & crunchy! This Sweet Potato, Pineapple, & Pecan Salad is perfect for Pecan Month: <http://ow.ly/vpgr309gQCe>

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

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

Celery...the backbone of veggies! Check out 5 new ideas for National Celery Month: <http://ow.ly/QzXj309gQZg>

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

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

It's National Nutrition Month! #PutYourBestForkForward & check out the TOP TEN reasons you should be adding FVs to your diet: <http://ow.ly/hELUF> #NNM

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> #PutYourBestForkForward #NNM

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 #NNM

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

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

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

#PutYourBestForkForward for #MealCrushMonday (#MCM)! Try this Spinach, Strawberry & Pecan Salad from @Fruit_Veggies: <http://ow.ly/JBB7M>

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

General

#TipoftheDay: Visit your local farmers market. The produce is just as fresh! Search for Farmer's Markets in your area: <http://ow.ly/flft309fJlt> #NNM

If you're in need of nutrition education materials, we have just what you need...for FREE!
<http://ow.ly/tpMd309fLha> #NNM

Fresh is best. Organic is more nutritious. It's all a myth! We're here to sort these myths out for you: <http://ow.ly/sWjd309fRiG> #PutYourBestForkForward #NNM

See what tasty meals Chef Alex and Chef Andrew are cookin' up today! <http://ow.ly/S3bkH>

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

Looking for healthy recipes & ideas? Check out @fruits_veggies Pinterest Board to get PINspired --> <http://ow.ly/YCKah> #PutYourBestForkForward #NNM

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> #NNM

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! #PutYourBestForkForward #NNM

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

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

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>

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

#TipoftheDay: Peel produce only if you have to. The skin can provide added nutrients and flavor!

#HealtyHumor: What did the lettuce say to the celery? Quit stalking me! Hahahaha!

#PutYourBestForkForward by giving your plate a makeover! Get ideas: <http://ow.ly/NQDB309gUAP>