

## MARCH SOCIAL MEDIA POSTS

### Holidays/Celebrations

March is #NationalNutritionMonth! #GoFurtherWithFood & check out this quick guide to getting MORE #fruits and #veggies: <http://ow.ly/gEzt30iF2W6>

Take a step in the right direction for #NationalNutritionMonth! Start by checking out @Fruits\_Veggies fruit & veggie nutrition database: <http://ow.ly/aETb30iF2Zs> #NNM #GoFurtherWithFood

#March is #FrozenFoodMonth--picked at the peak of flavor--frozen fruits/veggies lock in #vitamins, making them a convenient meal addition! Learn ways to use them: <http://ow.ly/MfWf30iF42W>

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

For National #CeleryMonth, 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 from our pals @Fruits\_Veggies for National #CeleryMonth: <http://ow.ly/QzXj309gQZq>

#DidYouKnow although commonly called a nut, the #peanut is actually a #legume more closely related to #beans and #lentils? Learn more for #PeanutMonth: <http://ow.ly/zrfW30iF8sP>

Can eating #nuts reduce disease risk? Find out + 11 nutty ways to add nuts to your day! <http://ow.ly/X16130iF8Rx> #PeanutMonth

### Recipes

#HappyStPatricksDay! Celebrate w/this #CornedBeef & #CabbageSoup from @Fruits\_Veggies #HealthyMeals Board: <http://ow.ly/hENPz>

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

Cheers to #StPatricksDay! Drink this awesome green smoothie --> <http://ow.ly/YCEfV>

Whether it's served by itself or served with brown rice, this #EdamameStew from @Fruits\_Veggies is everything! <http://ow.ly/WZAM30iF4U2>

A big bag of frozen #stirfryvegetables will get you a delicious #sidedish in no time! Try this --> <http://ow.ly/CtvJ30iF52L>

This #Pear & #Celery #Salad is the perfect first course to a delicious #dinner: <http://ow.ly/jwrc30iF5cN>

Try this #Apple #Banana #Salad w/ #Peanuts for #lunch today: <http://ow.ly/6ZR30iFcl2>

## General

#TipoftheDay: Don't leave the #leftovers to waste away in the fridge...try a leftover makeover!  
#GoFurtherWithFood by adding new #fruits and #vegetables to create something new for the next day!  
#NNM

Help us help you...donate to our pals @Fruits\_Veggies! Learn more --> <http://ow.ly/q2ua3089PSC>

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

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

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

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

It's crunch time...literally! Not sure what to do with your #celery? Check out the TOP TEN ways to enjoy this scrumptious veggie from our pals @Fruits\_Veggies: <http://ow.ly/tXfFm>

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

Can't find an answer to your frozen fruit or veggie question? @Fruits\_Veggies expert may have answered it already...take a look: <http://ow.ly/BsPf30iF5To>

@Fruits\_Veggies helps you #GoFurtherWithFood w/ these tips to reduce food waste:  
<http://ow.ly/H2u630iFdiQ> #NNM #NationalNutritionMonth

#TipoftheDay: Freeze uneaten portions of fresh veggies, by dicing, blanching and placing in small containers. #GoFurtherWithFood #NNM

#TipoftheDay: The joys of eating healthy are less than 30 minutes away! Enjoy these quick & delicious meals: <http://ow.ly/Xv1wU>

See how much food is wasted every year from our pals @Fruits\_Veggies: <http://ow.ly/olun30iFgrW>  
#GoFurtherWithFood #NationalNutritionMonth

Check out these easy tips on how to create a healthy eating plan! <http://ow.ly/Ohd930iFgLS>

There are plenty of green FVs to go around for your #StPattysDay shindig! Here are some tips to make your party the most festive party ever! <http://ow.ly/krhd30iFkhS>

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