

MAY SOCIAL MEDIA POSTS

Holidays/Celebrations

CRUNCH & TRIM! Get tips n recipes for tasty, safe and waistline-friendly salad combos during @Fruits_Veggies & @LGMAnews #Fit4Me Party Wed. 5/7 @4pET!

Move ur feet 4 tasty treats! Join @Fruits_Veggies & @LGMAnews for their #Fit4Me Twitter Party that'll get ur new year's resolutions back on track!

Scrumptious Springtime Salads for National Salad Month --> @Fruits_Veggies has endless combinations for the taking: <http://ow.ly/wa6Am>

It's Nat'l Asparagus Month! New to this seasonal superstar? No worries, this TOP 10 will make u fall in love: <http://ow.ly/warcu>

A familiar friend kicked up a notch --> Try this Grilled Asparagus & Shrimp Quinoa Salad to shake it up for Nat'l Asparagus Month: <http://ow.ly/warBP>

Our love for strawberries runs deep but for Nat'l Strawberry Month, @Fruits_Veggies has 10 new ways to enjoy (and we plan to!): <http://ow.ly/was13>

Nothing like a glass of lemonade on a warm day! In honor of Nat'l Strawberry Month we are adding a twist of strawberry: <http://ow.ly/wasH6>

Special Days

(May 4)

Today is National Orange Juice Day! Start your day off right w/a 6 oz serving, it's packed w/vitamin C & counts as serving of fruit!

(May 5)

Happy Cinco de Mayo! These Mini Butter Lettuce Taco Salads are perfect for celebrating with family: <http://ow.ly/waqky>

(May 6)

HAPPY MOTHERS DAY! Skip the long restaurant wait and prep mom a meal to remember! @Fruits_Veggies has healthy options that will make her feel like a queen: <http://ow.ly/wauUS>

(May 11-17)

Calcium, Folate, Vitamin A & C – Fruits & Veggies have it all! For Nat'l Women's Health Week use nature's best to stay healthy naturally.

(May 26 – Memorial Day)

Grilling 2day? Turn a bland cookout into a flavorful fiesta w/ these fruit & veggie grilling tips from @Fruits_Veggies: <http://ow.ly/wavDn>

Recipes

A new twist on familiar fare! Make frozen pizza a lil more festive n flavorful by topping w/ a lightly dressed salad: <http://ow.ly/uDA1j>

Dinner's done, now it's time for the big finish! Try these Baked Cinnamon Peaches to impress your guests and keep them light on their feet: <http://ow.ly/wa7Ww>

Infused with spices that will surprise your palate, this Indian Fruit Salad is an exotic spin on something familiar: <http://ow.ly/w1UVy>

Tempting tastes and textures highlight this nutritious dish! Try these Chicken & Medjool Date Lettuce Wraps to complement any meal: <http://ow.ly/vO8ep>

A mental getaway to the orient can be discovered with this 30-min Sesame Chicken recipe. All aboard: <http://ow.ly/waa2e>

General

Save \$\$\$ -- Always know what's in season so u can buy extra n keep it 4 later! See a full seasonal list: <http://ow.ly/tjTUL>

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

#Instadelicious! Follow @fruitsandveggiesmorematters on Instagram for vibrant, tasty fruit and veggie photos! <http://ow.ly/wa8wA>

Taste + Nutrition = Healthy Meals! Our friend, Becky Varner, RD of Buy For Le\$\$, shares the 10 ways to enjoy...TASTE: <http://ow.ly/uvxyD>

Go beyond sandwiches and pack a better lunch for a better you! Here are 4 tips to get you going: <http://ow.ly/uTqan>

Get your garden ready for growth! Find out what you should be doing right now: <http://ow.ly/uqGQO>

Roasted Asparagus is always a winner! But check out these 10 NEW ways to enjoy this tasty veggie: <http://ow.ly/uTpLJ>

Behold the Great Grapefruit! But can it help you lose weight? Find out here: <http://ow.ly/w9YFH>

Enjoy the TASTE of eating right! Our friend Marilyn Mills, RD of Hannaford shares 11 tips for BETTER meals n snacks: <http://ow.ly/uJwGP>

Got 30 minutes? Skip the drive-thru and throw together one of these many 30-min or less recipes: <http://ow.ly/usVK5>

#TipoftheDay -- fruits & veggies are naturally low in sodium. Use citrus juice or herbs for seasoning them and other foods.

Organic vs. Non-Organic? What's best and why? Get the facts here: <http://ow.ly/uqwB3>

Don't let ur next meal get the best of you! Take a peek at This Week's Healthy Menu Ideas to stay on track: <http://ow.ly/uIRxC>

How to get maximum freshness from loose-leafed salad mixes: <http://ow.ly/u4enZ>

Before & After plate comparisons--find your favorite dish & learn how to make it healthier: <http://ow.ly/u1fTM>

Clarification Station: What IS a serving of FVs? How much do u need? 5? 9? Half a plate? Here's the deal: <http://ow.ly/wa5G8>

1 serving of spinach provides 70% Vitamin A, 25% Vitamin C & 20% Iron, Popeye knew what he was talking about! <http://t.co/mxJ5QjpP>