

## MAY SOCIAL MEDIA POSTS

### Holidays/Celebrations

Chicken Tacos with Peach Salsa sounds amazing for National Salsa Month! <http://ow.ly/4napB1>

What better way to celebrate National Salsa Month -- with a Salsa Bowl! <http://ow.ly/4naqEZ>

Celebrate National Asparagus Month with these amazing asparagus recipes from our pals @Fruits\_Veggies: <http://ow.ly/4nat0k>

It's National Asparagus Month! Get familiar with this seasonal superstar -- learn how to select, store, & more! <http://ow.ly/Mb00j>

What's juicy, sweet, red & ripe? That's right...STRAWBERRIES! For Nat'l Strawberry Month, @Fruit\_Veggies has 10 ways to enjoy! <http://ow.ly/Mb1W5>

Chef Alex Caspero, RD shares unique ways to use strawberries for National Strawberry Month! Check this out --> <http://ow.ly/4nawix>

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

### Recipes

The perfect backyard recipe! Enjoy these Grilled Cilantro Lemon Chicken Kabobs: <http://ow.ly/Mbjn7>

Happy Memorial Day! Get a little festive with these Red, White and Blue Potatoes --> <http://ow.ly/4nayEe>

Grace your plates with this cool & refreshing Apple & Cucumber Salad: <http://ow.ly/4naApW>

This tasty Asparagus w/Lemon Sauce is an excellent complement to fish, scallops, chicken, or meat dishes: <http://ow.ly/WbdGd>

Cheers to warm weather! Enjoy a Berry Good Milkshake --> <http://ow.ly/4naKzH>

### General

We can all appreciate a quick, healthy meal! Check out @Fruits\_Veggies 30 min or less recipes: <http://ow.ly/KiLOX>

Grilled Shrimp w/Melon Avocado Salsa is a dish you simply can't resist: <http://ow.ly/4naHcT>

#TipoftheDay -- fruits & veggies are naturally low in sodium. Use citrus juice or herbs to season to taste.

#DidYouKnow if left alone, a grape vine will spread 50 feet or more?

Memorial Day is coming! Spice up your backyard BBQ with these 10 ways: <http://ow.ly/MbcJx>

Taste + Nutrition = Healthy Meals! Check out these 30 combos of...SALAD: <http://ow.ly/MbgcU>

Be prepared for anything! Always have what you need in the kitchen with the well-stocked pantry: <http://ow.ly/MbhY2>

#DidYouKnow Rhubarb can be used to clean burnt spots on pots and pans? Learn more --> <http://ow.ly/Mbp9o>

Gardening = less stress, promotes exercise, and enhances self-esteem --> true or false? Find out: <http://ow.ly/Mby1b>

Try this Grilled Asparagus & Shrimp Quinoa Salad to shake it up for your next meal: <http://ow.ly/warBP>

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

#TipoftheDay: Get up & get going! Enjoy activities with your friends & family: cycling, bowling, gardening, or dancing. The weather is perfect!

#TipoftheDay: Transform leftovers into something else. Today's roast beef can be tomorrow's beef vegetable casserole.

Cooked from the comfort of ur kitchen, the taste of take-out is just 30 min. away! Whip up this Sesame Chicken dish: <http://ow.ly/WXwIW>

Just 5 fruits and veggies a day helps keep the risk of diabetes away? Find out: <http://ow.ly/VqDZx>

Don't cry, dry your eyes! Slice, dice, or chop your onions without shedding a tear! #Watch this --> <http://ow.ly/UeVSQ>

#HealthyHumor - Where did the vegetables go to have a few drinks? Answer --> The salad bar! #Lo!  
#FridayFunny #TGIF

What is a chicken's favorite kind of vegetable? An egg-plant! Hahaha, get it? #HealthyHumor

#DidYouKnow Watercress is not only for salads -- it can be cooked & is a member of the mustard family? Learn more: <http://ow.ly/Zdl36>

Creating a healthy meal plan doesn't have to be complicated. We can help get you started --> <http://ow.ly/TTL4C>