

NOVEMBER SOCIAL MEDIA POSTS

Holidays

It's American Diabetes Month, and we are committed to helping u fight this disease head on with fruits and veggies! GET MORE! #No2Diabetes

26mil ppl have diabetes n 79mil have prediabetes. Stop diabetes in its tracks w/FVs.
#AmericanDiabetesMonth EAT MORE FVs: <http://ow.ly/qfeOg>

Get pumped for pomegranates for #NationalPomegranateMonth! Raw, in salad or sauced, Pom arils are a great way to boost ur nutrition. 10 ways 2 enjoy: <http://ow.ly/qfkK7>

Wanna try something new for #NationalPomegranateMonth? Pomegranate Meringue Pie, Pom Pepper Jelly, or our Winter Pom Salsa: <http://ow.ly/qfmGT>

November is Sweet Potato Awareness Month! Sweet potatoes are good sources of fiber, potassium & vitamins A & C! <http://ow.ly/dYRXt>

Pass on the pie! 4 Sweet Potato Awareness Month, do more than candify this veggie! Our Garlic Mashed Sweet Potatoes r a great start: <http://ow.ly/qfslX>

November is Vegan Month! Celebrate with a plate full of fruits and veggies—or try a new recipe like Apple Whole-Wheat Stuffing: <http://ow.ly/qfD3P>

For Good Nutrition Month, vow to have a good nutrition LIFE! Eating healthy is a fulfilling lifestyle change that benefits u and ur family.

Special Days

(November 1-7)

Get Figgy Wit It! Its National Fig Week & Your Produce Man shows you how to select the perfect fig: <http://ow.ly/dYSgD>

Figs range from white to purple-black. Good alone or with cheese, tempt your taste buds with this natural delight: <http://ow.ly/qfuYa>

(November 3)

Pile up the fruits and veggies today! Its #NationalSandwichDay and you'd be surprised how many diff FVs can fit between two pieces of bread.

It's #NationalSandwichDay! Be sure to add veggies like lettuce, tomatoes, sprouts, peppers & cucumber for crunch & flavor.

(November 6)

Party Alert! @Fruits_Veggies are saying #No2Diabetes on 11/6 @4pmEST. Get the scoop on how to fight this disease the healthy way!

Get your forks ready! @Fruits_Veggies are taking the fight to Twitter on 11/6 @4pmEST with a #No2Diabetes Party. Join us...

(November 11)

#HappyVeteransDay! Make a veteran smile today by sharing your fav fruit or veggie with them. We love happy and #healthy veterans!

Who says sundaes have to be bad? For #NationalSundaeDay try greek yogurt w/ an array of fruit for a guilt-free sundae full of nutrition!

(November 23)

It's National Eat a Cranberry Day & it will be easy to do w/this tasty Cranberry Relish: <http://ow.ly/dYSx0>

Go beyond dried cranberries n try these tasty cranberry creations w/ fresh cranberries for Ntnl Eat a Cranberry Day: <http://ow.ly/qfvL5>

Seasonal

Pay tribute to your mind, body and soul this holiday season by filling your plate with fruits and veggies! #HealthyHolidays

Start a healthy tradition this year with ur family! Here are 5 ways to lighten up your Thanksgiving traditions: <http://ow.ly/qfBBz>

Whether you love or hate Thanksgiving leftovers, you can't deny they sure do come in handy! Get some menu ideas here: <http://ow.ly/qfBMq>

Show a diff side of your table with a Vegetarian Thanksgiving! Here are some ideas to make your favorite fruit and veggie dishes extra special for the holidays: <http://ow.ly/qfCAV>

Fall is upon us! Save money and increase flavor with the best of the season: <http://ow.ly/qfEQZ>

Recipes

Impress ur family in 30min with our Fig, Apple & Chicken Stir Fry! Quicker than pizza delivery! <http://ow.ly/qfudB>

Here's the secret to healthier mashed potatoes right here: <http://ow.ly/qfxp8>

A lunch you'll want to eat for breakfast! This Apple Turkey Gyro is a healthy twist from the norm: <http://ow.ly/qfz4T>

Available year-round, Bell Peppers kick any dish up a notch! This Grilled Halibut w/Roasted Pepper Salad is sure to please: <http://ow.ly/qfzml>

A classic, fully customizable dish that's low-fat, loaded w/nutrients, n can be to the table in 25min: <http://ow.ly/qfzIO> #MeatlessMonday

Get cozy and comfy FAST with this 10min Veggie Soup. No shopping needed...use whatever you have! <http://ow.ly/qfALE>

Wake up refreshed and revitalized with this Tropical Eye Opener Fruit Smoothie: <http://ow.ly/qfB3B>

General

Fight the flu w/ ur fork! Here are some tips to fight the season's worst with the season's best! <http://ow.ly/qftH4>

Chestnuts are popular this time of year & they're very low in fat compared to other nuts! Learn more: <http://ow.ly/emV2t>

Hands-on Learning: Kids like to help out--here are some ways to let them get involved in the kitchen: <http://ow.ly/emZQP>

Combat calories--When eating out, seek fruits n veggies in their purest form, no fried foods, hold the sauce and breading. Water vs. soda.

Not sure how to crack a pomegranate? Attack an avocado? Pounce a pineapple? Search @Fruits_Veggies video center: <http://ow.ly/qfxLk>

Don't let a hectic schedule keep you from a #healthy meal--here are seasonal 30 Minutes or Less #Recipes to the rescue: <http://ow.ly/en0nv>

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

#DidYouKnow that the wax found on many fruits and veggies is the same non-harmful wax used in chocolate? #Justwashit and EAT UP!

Get MORE for your money! Let @Fruits_Veggies help you plan ur meals and stay on budget: <http://ow.ly/qflnW>

#Shoutout to our Pantry Heroes: CANNED Beans, Tomatoes, and Peaches—this team is sure to up the nutrition value of many meals.

#TipoftheDay Help kids make frozen fruit kabobs using pineapple chunks, bananas, grapes and kiwis.

Popping by the grocery store without a plan or a list? Here's how to shop for FVs on the Fly: <http://ow.ly/qfING>