

NOVEMBER SOCIAL MEDIA POSTS

Holidays

Time to get FIGGY with it! Join us and @ValleyFig on 11/5 @ 4PM ET as we swap tips, tricks, and ideas to #DressUpTheBird! Pssst, prizes too!

Tips and recipes await you as we #DressUpTheBird with @ValleyFig on 11/5 @ 4PM ET! Did we mention there were prizes too? #PartyTime!

FIG-a-lickin' good! Join us & @ValleyFig on 11/5 @ 4PM ET as we swap tips & recipes 2 make your Thanksgiving a healthy one! #DressUpTheBird

Sweet Potatoes are good sources of fiber, potassium & vitamins A & C! For Sweet Potato Awareness Month, enjoy these 10 ways: <http://ow.ly/DwnYu>

How sweet the taste! For Sweet Potato Awareness Month, indulge in the yummy taste of Sweet Potato Squash Pancakes: <http://ow.ly/DwPkZ>

The heavier the fruit, the juicier it will be! For National Pomegranate Month, get the scoop on these radiant red seeds: <http://ow.ly/DwqOx>

For National Pomegranate Month, add a hint of sweetness to this side dish and try Greens with Pomegranate: <http://ow.ly/DwsXj>

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>

Recipes

Bypass the butter and instead spread this Bartlett Pear Orange Marmalade on your toast: <http://ow.ly/DwBAS>

Get cozy and comfy with this filling Butter Beans, Vegetable & Pasta Soup: <http://ow.ly/DwD9J>

Dessert coming right up! This Fruit Crisp will satisfy any sweet tooth craving: <http://ow.ly/DwMgH>

Impress ur family in 30min with our Fig, Apple & Chicken Stir Fry! Quicker than pizza delivery! <http://ow.ly/DwN6V>

A recipe that features this season's best! Try this Squash w/Pecans & Cranberries side dish 2 upstage ur next entree: <http://ow.ly/sZQFD>

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>

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

Not sure how to crack a pomegranate? Attack an avocado? 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>

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

Your meals not so healthy? Give your meals a makeover with these yummy ideas: <http://ow.ly/Dx3Xr>

Not sure how to read a food label? Make better choices by understanding nutrition content:

<http://ow.ly/Dx5nJ>

Quinces have a pleasant smell that is a mixture of pear and pineapple. They also provide great nutrition and flavor! Enjoy these TEN ways: <http://ow.ly/Dx6rb>

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

There's nothing like a warm bowl of soup to soothe the soul! Here are TEN reasons why you should make soup: <http://ow.ly/DxbaL>

#TipoftheDay: Stash bags of dried fruit at your desk for a convenient snack!

#HealthyHumor: Why is a pea small and green? Because if it was large and red it would be a tomato!
#Lol

What is small, red and whispers? Answer--> Hoarse radish! #Lol #HealthyHumor

Give them the power of choice! Let your young'n pick out a new fruit or vegetable for the family to try on each shopping trip.

Happy Thanksgiving! A time for family, friends, and food! Here are some suggestions for the Thanksgiving table: <http://ow.ly/Dxkk6>

Check out 6 easy ways to lighten up some holiday favorites without losing flavor! <http://ow.ly/emX5I>

Make your plate as colorful as the autumn leaves—more color = more #nutrition! Here's how:

<http://ow.ly/en0DI>

#DidYouKnow there's a difference between a sweet potato & a yam? Your Produce Man solves the mystery: <http://ow.ly/emVY1>

For easy weeknight dinners, add frozen veggies to stir fry dishes or quick casseroles. They're always on hand & budget-friendly!

Think organic is always best? See the research --> <http://ow.ly/BNDdt>

Avoid packing on the pounds this holiday season with these weight management tips and ideas: <http://ow.ly/Dxnhf>