

NOVEMBER SOCIAL MEDIA POSTS

Holidays/Celebrations

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

Sweet potatoes are more than a side dish! For Sweet Potato Awareness Month, enjoy these TEN ways: <http://ow.ly/TDiBz>

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

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

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

Savory and sweet all mixed into one pot! Try this comforting Sweet Potato and Black Bean Stew: <http://ow.ly/TDi8M>

This Autumn Fruit Compote is a delicious treat the whole family will love: <http://ow.ly/TDtp1>

Warm up with a bowl of this hearty Creamy Squash Soup w/ Shredded Apples: <http://ow.ly/TDiGu>

This twist on classic bruschetta will make breakfast extra special! Try this Avocado Breakfast Bruschetta: <http://ow.ly/x9Z4Q>

Chef hat not required! Sweet Potato Pancakes w/Balsamic Mushrooms make 4 a nutritious brunch to show off 4 ur family. <http://ow.ly/p1Xea>

General

What's on your Thanksgiving menu? Lots of FVs we hope -- this delicious and nutritious Thanksgiving feast will get u started: <http://ow.ly/TDIHx>

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

Get your soups/stews to the table in a flash with frozen veggies! See a BOWL-LOAD of healthy soup recipes here: <http://ow.ly/u6xWN>

Welcome chefs, Alex Caspero, RD & Andrew Dole, RD into your home -- they offer sound advice & tips to help you eat more FVs + more: <http://ow.ly/Q98wG>

Trying to manage your diabetes, and need ideas on a good diet? @Fruit_Veggies expert can help:
<http://ow.ly/TDmTp>

Filled with flavor and nutrition, this Roasted Cauliflower is a great side dish for any meal:
<http://ow.ly/TDnRh>

Feeling a little sluggish after that huge holiday meal? Check out these tips from @Fruit_Veggies to avoid that after-meal slump: <http://ow.ly/TDomX>

Entertaining can be fun, especially around the holidays! Here are some tips & recipe ideas to keep it HEALTHY: <http://ow.ly/TDoWV>

Nom Nom! This tasty Roasted Butternut Squash and Spinach Salad is full of fall goodies:
<http://ow.ly/TDuHa>

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>

Cooking doesn't steal the good things from fruits n veggies so enjoy them however u want!
<http://ow.ly/S35Jf>

Cranberries, ginger, and pears are at their peak in flavor! Find out what other goodies are in-season:
<http://ow.ly/TDyhP>

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

#TipoftheDay: Any whole grain cereal tastes great w/added fruit & nuts. Toss the sugary cereal out of your pantry & add fruit & nuts for extra sweetness & crunch.

#HealthyHumor: How did the farmer fix his jeans? With a CABBAGE patch! Lol, get it?

How do you fix a broken tomato? With tomato paste! Lol, @Fruits_Veggies is too funny!

#FridayFunny: Why did the guy get fired from the orange juice factory? He couldn't concentrate! LOL, now that's hilarious @Fruits_Veggies.

#TipoftheDay: Always remember -- all forms of fruits and veggies count! Fresh, frozen, canned, dried, and 100% juice!

#DidYouKnow The Pummelo is the largest member of the citrus family n taste like a sweet grapefruit?

No, not butter n lettuce – Butter lettuce – tastes a lil like butter without all the calories!
<http://ow.ly/S37cP>

What better way to put a twist on your fall meals than to use canned PUMPKIN? Learn all about it + yummy recipes: <http://ow.ly/TE7TK>

We're PUMPED for PUMPKIN and we've got TEN ways to show it --> <http://ow.ly/TE99f>

The versatility of canned pumpkin makes it a delicious and nutritious addition to both sweet & savory recipes at mealtime.