

## NOVEMBER SOCIAL MEDIA POSTS

### Holidays/Celebrations

Are you *aware* sweet potatoes are good sources of fiber, potassium and high in vitamins A & C? Learn more for Sweet Potato Awareness Month: <http://ow.ly/dYRXt>

There are more ways than one to enjoy sweet potatoes! @Fruits\_Veggies has over 20 recipes to enjoy for Sweet Potato Awareness Month: <http://ow.ly/YriH305xpje>

For National Pomegranate Month, learn how to cut a Pomegranate with confidence: <http://ow.ly/aOsL305xpGf>

How do you enjoy the juicy jewels of a Pomegranate? @Fruits\_Veggies shares their TOP TEN ways for National Pomegranate Month: <http://ow.ly/Ziby305xpLc>

November is Vegan Month! Try these new recipes...just in time for the holidays: <http://ow.ly/ZiiC305xpYb>

It's American Diabetes Month, and we are committed to helping u fight this disease head on with fruits and veggies! GET MORE! Here's how: <http://ow.ly/M93i305AQ8K>

### Recipes

What comes to mind when thinking of an afternoon snack? Cookies, chips...? How about some Apple Wedges w/Pumpkin Almond Butter?! <http://ow.ly/kte1305xqvY>

Mouthwatering, refreshing, sweet, & tangy all come to mind when we think about this Fruit & Feta Salad from @Fruits\_Veggies: <http://ow.ly/18UR305xqEn>

We've got one word for this Avocado, Chicken and Spaghetti Squash Melange...AWESOME! <http://ow.ly/tqc0305xqKk>

Enjoy this One-Dish Roasted Potatoes & Apples w/Chicken Sausage from our pals @Fruits\_Veggies: <http://ow.ly/wclr305xqSn>

Go from a cream-based chicken salad to Bell Pepper & Apple Cole Slaw w/Chicken...thank us later --> <http://ow.ly/Su4V305xr4M>

@Fruits\_Veggies has the perfect mouth-watering #MeatlessMonday meal! Try this Potato, Black Bean, & Kale Skillet without the chicken! <http://ow.ly/jTcF305yChx>

Having chicken salad for lunch? Put a crunchy twist on it...try this --> <http://ow.ly/cMC8305yGpR>

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>

## General

@Fruits\_Veggies has some fruit & veggie culinary creations just for you! See what chefs, Andrew Dole, RD & Alex Caspero, RD are brewing in the kitchen: <http://ow.ly/sZrx305ylb1>

To make your life 10x easier, @Fruits\_Veggies shares their TOP TEN meal planning & shopping tips: <http://ow.ly/zAqE305ymeN>

Let us help you get on the right path to healthy eating -- @Fruits\_Veggies shares a quick guide to getting more FVs: <http://ow.ly/POKT305ynrN>

Create a Picasso pizza or a colorful fiesta: "Paint" your pizza w/peppers, broccoli, spinach & pineapple or dress up your taco dinner w/sweet peppers, cucumbers, & avocado.

Searching for healthy, inexpensive family meals? Search no more! @Fruits\_Veggies has the perfect recipe ideas for you and your fam: <http://ow.ly/XrAS304Eu0T>

Add canned pumpkin to fruit smoothies, pasta, mashed potatoes, oatmeal, or yogurt for a nutrition boost! Learn more from @LibbysPumpkin: <http://ow.ly/X3mG305AR6D>

Keep frozen veggies like peas, corn & spinach on hand for a quick addition to casseroles & soups.

Enjoy the flavors of fall by starting w/ a full list of fall FVs from our pals @Fruits\_Veggies: <http://ow.ly/T6RC304ENcP>

With the holidays coming, it's so easy to get off track. @Fruits\_Veggies helps you stay on track with these healthy food substitutions: <http://ow.ly/vRTE305ygmh>

#TipoftheDay: Spoiled foods cost you money & deprive you of nutrients. Our FV database has storage tips for each FV: <http://ow.ly/ZtTM8>

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>

The versatility of canned pumpkin makes it a delicious and nutritious addition to both sweet & savory recipes at mealtime. Here are 10 perfect ways to use canned pumpkin: <http://ow.ly/AJ8r305ARC1>

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>

Got a bunch of leftovers & not sure what to do with it? @Fruits\_Veggies can help recreate your Thanksgiving feast in a different way: <http://ow.ly/tyWs305yDMI>

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