

OCTOBER SOCIAL MEDIA POSTS

Holidays/Celebrations

Ghouls, goblins, & #FVTreats! Join @Fruit_Veggies on 10/1 @ 4p ET for their Twitter Party 2 get recipe ideas & tips 4 a #healthy Halloween!

Join @Fruit_Veggies for their Twitter Party on 10/1 @4PM ET to get tips and recipes to make your Halloween a healthy one! #FVTreats

Join the party w/ @Fruit_Veggies on 10/1 @4PM to get ideas on tasty #FVTreats!

For National Cranberry Month, put your cranberries to the test...a bounce test! Here's how to pick the perfect gem: <http://ow.ly/BNDPB>

October is Breast Cancer Awareness Month! Get tips 2 maintain a healthy body weight & eat for ur health at all meals: <http://ow.ly/BNFOP>

An apple a day keeps the doc away! Get the scoop for Apple Month on these sweet gifts from nature + a TASTY recipe: <http://ow.ly/BNFBL>

In a dip, salad, or wrap celebrate National Spinach Month in a big way! See our TOP TEN ways to enjoy: <http://ow.ly/BNGa7>

The possibilities are ENDLESS when eating TOMATOES! For National Tomato Month, go beyond tomato sauce & enjoy these 10 ways: <http://ow.ly/BP4Ke>

For Vegetarian Awareness Month, learn about the different types of vegetarians + a YUMMY meatless recipe: <http://ow.ly/BP82s>

Recipes

Tasty, filling, and healthy! Make it a seafood night in less than 30 with this Spinach & Seafood Soup: <http://ow.ly/BP9Ru>

It's a #MeatlessMonday showdown! You haven't had broccoli until you try this Chili-Garlic Roasted Broccoli: <http://ow.ly/BPcvX>

Apples with a lil UMPH! This Baked Apples w/ Cranberries recipe will be the highlight of the party: <http://ow.ly/BPeqT>

Taco night? You're sure to receive a standing O with these quick and healthy Chili Lime Chicken Potato Tacos: <http://ow.ly/AAcZi>

Sweet, savory, and healthy all on one plate! Try this Fig, Apple, and Chicken Stir-Fry to warm the soul: <http://ow.ly/BPFzJ>

General

Acorn squash, pears, pumpkin & turnips are in season & at their peak of flavor! The full list of fall fruits/veggies: <http://ow.ly/dNzrs>

#DidYouKnow fresh apples float because 25 percent of their volume is air?

#WatchThis! Wanna know how 2 select, store, & prepare a variety of FVs? Our video center holds over 200 videos: <http://ow.ly/AHKoy>

Canned tomatoes are the perfect addition to soup bases for added flavor and texture. Try this Zesty Tomato Soup: <http://ow.ly/AHUt2>

#HealthyHumor --> What is a vampire's favorite fruit? Answer --> NECK-tarine!

How does a ghost eat an apple? Answer → by goblin it! #LOL #HealthyHumor

FridayFunny → Why didn't the teacher believe the ghost? Because she could see right through him!

#DidYouKnow Cranberries grow in bogs on vines until they are bright red & juicy? Then the growers flood the bogs with water & knock them off the vines so they float.

#TipoftheDay: Buying a combination of fresh, canned, frozen, dried & 100% juice maximizes #nutrition, minimizes waste & saves you money!

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

What do you get for your money? \$1 can of soda = sugar, caffeine. \$1 glass of orange juice = Vitamin C, potassium.

Fall Party Guide! Don't forget the fruits & veggies for your next autumn event, check out 15 #healthy menu items: <http://ow.ly/dNz3Y>

Having a party? Dip instead of bob! Try an Apple Dipping Bar! Kids will love this--here's how: <http://ow.ly/dNBH0>

Fall is here! See which fruits and veggies you should be harvesting in October: <http://ow.ly/BNEm3>

Need lunch ideas & don't have a lot of time? Here r TEN 5 min NUTRITIOUS lunches ur kids will love + a TASTY recipe: <http://ow.ly/BPtnK>

#DYK There are 25,000 varieties of tomatoes such as beefsteak, cherry, & plum? #Watch these videos to learn more --> <http://ow.ly/BPu1B>

Trick or treat! Nature's candy is the best Halloween treat! Here are tips for a healthier holiday: <http://ow.ly/BPvHS>

Pumpkins are more than a decoration. Check out these NUTRITIOUS recipe ideas --> <http://ow.ly/BPxdl>

#Instadelicious! Follow @fruitsandveggiesmorematters on Instagram for photos of vibrant, tasty fruit and veggies! <http://ow.ly/wa8wA>

1 serving of spinach provides 70% Vitamin A, 25% Vitamin C & 20% Iron. Popeye knew what he was talking about! <http://t.co/mxJ5QjpP>

Try baking winter squash & drizzle w/olive oil & sprinkle w/cinnamon. Get more #healthy ways to cook fruits/veggies: <http://ow.ly/dNBpZ>

Which fruits and veggies have the most protein? Get the answer from our expert --> <http://ow.ly/BPCHs>

Is there a correct order for food consumption to help with digestion? Our expert has the answer: <http://ow.ly/BPD1W>

Short on time 4 dinner? Canned tomatoes are ready to use! Chopped garlic + olive oil + canned tomatoes + fresh basil = quick pomodoro!

The whole truth about 100% juice: <http://ow.ly/yCAcL>

Cranberries, apricots or dates...Dried fruits are a great addition to any potpourri. The fragrance will intoxicate you!

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

Adding nuts to fall baking adds more than crunch, they're packed w/fiber, protein & heart healthy fats! Learn more: <http://ow.ly/dNGpF>

We're rooting 4 ROOT VEGETABLES! They're at their peak flavor now! See more about these tasty veggies + a recipe: <http://ow.ly/BPLe3>

This gluten-free dip makes canned pumpkin the star of the show any time of year! Try Pumpkin White Bean Chipotle Dip: <http://ow.ly/xlkOd>

Lentils, pears & apples are all considered high in fiber--find out what other fruits/veggies carry that label: <http://ow.ly/9EhI2>

Which phytonutrients (antioxidants) promote heart health & which fruits/veggies contain them? Find out! <http://ow.ly/dNHNx>