

## OCTOBER SOCIAL MEDIA POSTS

### Holidays/Celebrations

Here's to an #AwesomeAutumn! Join @Fruit\_Veggies & @BortonFruit on 10/7 @ 4pm ET for tasty tips, recipes, & ideas for a healthy fall season!

We're ready for an #AwesomeAutumn -- are you? Come party w/ @Fruit\_Veggies & @BortonFruit on 10/7 @ 4pm ET! They're sharing tips to get u fall-ready!

Join @BortonFruit & @Fruit\_Veggies for their #AwesomeAutumn Twitter Party on 10/7 @ 4pm ET! They're sharing tips, recipes, & giving away PRIZES!

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>

How do you enjoy your cranberries? For Nat'l Cranberry Month, check out some tasty cranberry creations from @Fruit\_Veggies: <http://ow.ly/StYBN>

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>

Think pink! October is Breast Cancer Awareness Month! See what fruits contain cancer fighting nutrients: <http://ow.ly/StZDD>

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>

Hey it's National Apple Month! CRUNCH into these delicious apple recipes from @Fruit\_Veggies: <http://ow.ly/Su00d>

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>

Fiber + vit A & C + iron + folate -- now we know why Popeye loves Spinach! Learn more for National Spinach Month: <http://ow.ly/Su101>

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

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

Looking for a different dinner idea? Try these Pumpkin Ricotta Stuffed Shells! You'll be glad you did:  
<http://ow.ly/Su58p>

A bag of chips just won't cut it! Cut calories by enjoying these Fruit Skewers w/Yogurt Dip for a nutritious snack: <http://ow.ly/Su75G>

Hearty, healthy, and full of veggies! Try a bowl of Avocado & Tortilla Soup: <http://ow.ly/Su81Q>

One bite, two bites, three bites, four -- it won't be long before you're wanting more! This Crunchy Apple Walnut Salad is irresistible! <http://ow.ly/SuapF>

Got 5 minutes? You've got breakfast! Start your day with a delicious and nutritious Banana Breakfast Smoothie: <http://ow.ly/Subiw>

### 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>

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

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

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

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

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

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/BPxdI>

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

#TipoftheDay Individual boxes/cups of raisins, apple sauce or fruit cocktail make a great alternative to candy for a #HealthyHalloween!

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

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>

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>

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

Healthy cooking with your kids can be fun -- & educational! Check out these tips to get your kiddies in the kitchen: <http://ow.ly/SudzP>

#DidYouKnow there's over 200 varieties of FVs? Mix it up a little -- or a lot! Check out @Fruit\_Veggies database: <http://ow.ly/MyGTp>

Ahhh-choooo! Feel a cold coming on? Our #expert has some advice that can help you kick the cold: <http://ow.ly/SufqT>

Outdoor activities are great, but @Fruit\_Veggies performance nutrition expert, Andrew Dole, RD can make it greater: <http://ow.ly/SugLy>

Wanna see something delicious and educational at the same time? #Watch @Fruit\_Veggies videos --> <http://ow.ly/SuizG>

#HealthyHalloweenHumor: How do you make a banana milkshake? Jump out and yell, BOO to the banana! Hahaha, @Fruits\_Veggies is funny!

Every \$\$\$ counts! @Fruits\_Veggies shares tips and ideas to shop for fruits and veggies on a budget: <http://ow.ly/Sun6b>

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>

These Spinach Potato Pancakes are great for breakfast, lunch, or dinner: <http://ow.ly/Sug21>

What's a party without dip? Impress your guests with this Chunky Fresh Tomato Salsa: <http://ow.ly/SugPl>

What is the most important to eat --> protein, fat, carbohydrate, or fiber? @Fruits\_Veggies expert has the answer: <http://ow.ly/Susai>

Enjoy this sweet, crunchy, and filling Raisin Waldorf Salad from our pals @Fruits\_Veggies for lunch today: <http://ow.ly/SutnW>

Get your morning off to a great start! This Dragon Fruit Oatmeal Parfait is full of color and flavor! <http://ow.ly/SuuHb>