

## OCTOBER SOCIAL MEDIA POSTS

### Holidays/Celebrations

A team that stays healthy & fit together wins together! Join @Fruits\_Veggies & @DelMonteFresh on 10/5 @ 4pm ET for their #SnacksThatScore Twitter Party!

Join @Fruits\_Veggies & @DelMonteFresh on 10/5 @ 4pm ET for new ways to keep the kids healthy & active during sports season! They're giving away prizes too! #SnacksThatScore

Play ball! Fuel up with @Fruits\_Veggies & @DelMonteFresh on 10/5 @ 4pm ET to get #SnacksThatScore! They're giving away swagged out prizes too!

@Fruits\_Veggies & @DelMonteFresh are gonna help u get the kids game-ready with their #SnacksThatScore Twitter party! The game will begin on 10/5 @ 4pm ET!

An apple a day keeps the doctor away? Put it to the test for National Apple Month w/these TOP TEN ways to enjoy: <http://ow.ly/oZRyj>

#DYK it takes the energy from 50 leaves to produce 1 apple? Watch these videos to learn more for Nat'l Apple Month: <http://ow.ly/uXFg304CFrj>

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

Chef Andrew Dole, RD shares how to deseed peppers & tomatoes: <http://ow.ly/bWL7304CPKd>  
#NationalTomatoMonth

Cravin' cranberries? Well it's National Cranberry Month -- check out these cranberry creations from our pals @Fruits\_Veggies: <http://ow.ly/zZfV304CRM5>

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

For National Diabetes Month, prep a meal or workout w/a friend/fam member fighting this disease. Ur support could change/save their life!

It's National Diabetes Month! Fight the disease the healthy way w/ the power of FVs! Start w/making over ur meals: <http://ow.ly/oZQBV>

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

### Recipes

Apples are more than a sweet treat -- enjoy them in a savory dish -- like this Organic Savory Stuffed Apples recipe: <http://ow.ly/DIJe304CEoU>

Prep at night for a quick breakfast in the morning -- Tropical Overnight Oatmeal:  
<http://ow.ly/8cly301zZbW>

It's Chili season! Enjoy a nice bowl of 3-Bean Chili w/Chunky Tomato! <http://ow.ly/dMAn304CGr5>

A breakfast fit for a champion! Start your day with a Breakfast Cactus Pear Burrito:  
<http://ow.ly/POHB301AfpY>

This Triple-Fruit Smoothie from @Fruits\_Veggies is perfect any time of day: <http://ow.ly/MEyqW>

This dish is full of fall goodies --> Roasted Butternut Squash and Spinach Salad:  
<http://ow.ly/ZOUd304CThT>

This 7-Layer Mediterranean Dip is delicious and perfect for a Halloween party! <http://ow.ly/is5D301AjF4>

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>

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>

These Spinach Potato Pancakes are great for breakfast, lunch, or dinner: <http://ow.ly/Suq21>

Can you imagine the smell of Baked Apples w/ Cranberries? Imagine what it tastes like...our mouths are watering just thinking about it: <http://ow.ly/BPegT>

Shredded Brussels Sprouts and Chunk Apple Sauté w/Pork Tenderloin...doesn't get any better than that!  
<http://ow.ly/X0NM304EUBN>

### General

What is the process for freezing peaches? Our expert has the answer --> [ow.ly/ixJH304EsxG](http://ow.ly/ixJH304EsxG)

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>

Skip the drive-thru! In less than 30, have a HEALTHY meal ready in no time with these recipes:  
<http://ow.ly/zk4V4>

@Fruits\_Veggies has a SPOOKTACULAR Halloween menu for the kiddies --> <http://ow.ly/6I0e304EwRp>

#FridayFunny: How do you fix a cracked pumpkin? With a pumpkin patch! LOL! #HealthyHumor

@CrispyGreen snacks is one Halloween treat you won't mind having - they make great lunchbox snacks!

@CrispyGreen snacks are great to have for outdoor activities! They won't spoil, weigh down your backpack, and there's no refrigeration required!

Add canned pumpkin to fruit smoothies, café latte, pasta, mashed potatoes, oatmeal, or yogurt for a nutrition boost!

@Fruits\_Veggies shares 30 healthy dinners that feeds a family of 4 for less than \$10 -- can't beat that!  
<http://ow.ly/MEkQp>

#DidYouKnow Apples ripen 6-7 times faster at room temperature, than if they are refrigerated?

What are some good foods and beverages for very active children? #AsktheExpert -->  
<http://ow.ly/61YO301AjNX>

Fat free, a good source of fiber & Vitamin A...Pureed Dried Plums make a great fat substitute when baking.

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

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

#HealthyHalloween Party Idea: Try an Apple Dipping Bar! Kids will love this--here's how:  
<http://ow.ly/dNBH0>

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

Today's #HealthyHumor from @Fruits\_Veggies → Why didn't the teacher believe the ghost? Because she could see right through him! Hahaha, get it?

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

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

What's the shelf-life of frozen tomatoes? Find out from our expert: <http://ow.ly/s1sF304EPOC>

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

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

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