

September Social Media Posts

For Twitter:

September is Fruits & Veggies--More Matters Month! Add MORE to your meals and reap all the beautiful benefits: <http://ow.ly/cLFzy>

September is Fruits & Veggies—More Matters Month! Celebrate by filling your plates with fruits and veggies! Today and everyday...

We r celebrating Fruits & Veggies – More Matters Month with our Freshen Up & Pin Up Pinterest Contest. Get the scoop:

It's National Papaya Month! #DidYouKnow papaya seeds are edible & can be added to salad dressings? Get more tips: <http://ow.ly/cM0FN>

September is National Papaya Month & these tropical treats r packed w/ about 300% of the recommended daily amount of Vitamin C! #NoFluBlues

September is National Mushroom Month! This popular fungi is full of flavor and protein—See our Top 10 ways to enjoy: <http://ow.ly/cLH1B>

For National Mushroom Month, you can Grill 'em, saute for flavor or add to your omelet--just a few ways to enjoy: <http://ow.ly/cLH1B>

September is National Potato Month & our Produce Man has some creative ideas for using these delicious spuds! <http://ow.ly/cLNpe>

Happy National Potato Month! They get a bad rap but #truth is they are fat-free and a great source of potassium. Just don't fry them!

It's National Childhood Obesity Awareness Month! Share a wealth of fruits and veggies with a kid near you!

Does a smaller plate combat childhood obesity? For National Childhood Obesity Awareness Month, we give u the scoop: <http://ow.ly/ob8tA>

(For the second week in September) It's Vegetarian Awareness Week--get the scoop on a vegetarian diet & the health benefits: <http://ow.ly/cLHsX>

(For 9/7) Today is National Acorn Squash Day! Enjoy roasted, in a soup or stuffed—here are more ways we love acorn squash: <http://ow.ly/cLFZl>

Has back-to-school & fall sports made your life hectic? Here are some tips to keep a #healthy diet when on-the-go: <http://ow.ly/cLKWT>

Boost their brain power with healthy fruits and veggies! Make your kids the envy of the lunchroom w/ these tips: <http://ow.ly/ob9Fn>

Pack orange slices, apples, boxes of raisins, cups of applesauce, bananas or baby carrots for snacks at sports practice.

Use frozen fruit & low-fat yogurt to make a smoothie as the perfect #healthy b4 or after school treat! Our favs: <http://ow.ly/ob8EN>

Make back-to-school lunches a snap! Mix & Match from different food groups on this printable sheet: <http://ow.ly/cM11l>

All snacks are not created equal. Power pack those lunch boxes w/ food that counts! Our 100-cal comp chart will help: <http://ow.ly/oba3x>

Does your school have a salad bar? These fun posters will help promote it & get everyone wanting to eat MORE! <http://ow.ly/CLR5a>

Canned tomatoes are the perfect addition to soup bases for added flavor and texture.

A well-stocked pantry will have you prepared for ANY meal! Here's a list of items to keep on hand: <http://ow.ly/cLOjE>

Pears, pumpkins & sweet potatoes are a few fruits/veggies in season right now--get the full list: <http://ow.ly/cLODk>

Butternut squash is in season & an excellent source of Vitamins A & C! Try it in South of the Border Squash Soup: <http://ow.ly/cLPxO>

Harvest season has begun--here's what you should be doing in your garden: <http://ow.ly/cLQp8>

Oh the beautiful colors of fall...pair very well w/ a healthy colorful plate! Fruits & Veggies bring color and life to any meal! Get inspired!

Channel the Greek gods with our awesome and aromatic Ambrosia. A morning pick-me-up filled with vitamin C! <http://ow.ly/obacO>

Smart shoppers should buy produce in season & supplement w/frozen, canned & dried fruits/veggies—all are nutritious & you'll save money!

Think u can't eat #healthy on a budget? Not so! ALL forms of fruits/veggies count toward good #nutrition—learn more: <http://ow.ly/mGlVz>

September is a great time to get out & get moving! Learn how physical activity aids in #healthy weight management: <http://ow.ly/cLSwJ>

Portion control plays a role in maintaining a #healthy weight. Here are some tips to stay within your portion limits: <http://ow.ly/cLT4l>

Kids in the Kitchen! Kids learn by doing--ways to get your little ones involved in a healthy lifestyle: <http://ow.ly/cM1XC>

Are your veggies bordering on "hum-drum"? Check out our Top 10 Ways to Make Veggies Tasty & see what happens! <http://ow.ly/cM4Ao>

#DidYouKnow certain fruits & veggies are good sources of calcium? Find out which ones you should be consuming: <http://ow.ly/cM5Mr>

#TipoftheDay – When children develop a taste for many types of foods, it's easier to plan family meals.

For Facebook:

Falling in love with autumn yet? We are! What's your favorite fall fruit or veggie?

The hustle and bustle of back to school strikes again. With all of the new tasks and duties during school time, do you continue to prepare family meals during the week? If you do, give us some tips!

Fruit-topped ice cream. Fresh baked cobbler. What's your favorite fall dessert?

Not impressed by your lunch today? Try our <insert fav recipe> tomorrow and reach your mid-day peak!

Other than lettuce, what ingredient do you think makes a blockbuster salad?

30 Ways in 30 Days to Stretch Your Food Budget! Tip #16 - Always keep frozen fruit on hand. It's easy to store, and will be available when you're ready to add it to a meal or healthy dessert! Get the other 29 tips: <http://ow.ly/nZIDM>