

## SEPTEMBER SOCIAL MEDIA POSTS

### Holidays/Celebrations

#GetMore & join @Fruits\_Veggies on 9/3 @ 4p ET for their Twitter Party 2 get tips, recipes, & a chance 2 win #prizes from @WhollyGuacamole!

Who's ready to #GetMore FVs? Join @Fruits\_Veggies for their Twitter Party 9/3 @ 4p ET! #Recipes, tips & #PRIZES from @WhollyGuacamole!

September is FVMM Month! Join @Fruits\_Veggies for their Twitter Party 9/3 @ 4p ET to share tips & recipes to #GetMore FVs! There's prizes 2!

For Fruits and Veggies More Matters Month, CELEBRATE w/ @Fruits\_Veggies & #FuelUp w/ every form, FRESH, FROZEN, CANNED, DRIED, & 100% JUICE!

Mashed & baked potatoes are TASTY! For Nat'l Potato Month, see how to select & store this versatile veggie: <http://ow.ly/AzZ0o>

#DYK a papaya can range in size from 1 to 20 pounds! For Nat'l Papaya Month, enjoy this Papaya and Black Bean Salsa: <http://ow.ly/AA04Y>

September is Papaya Month & these tropical treats r packed w/ about 300% of the recommended daily amount of Vit.C. See more --><http://ow.ly/AJry2>

Ahhhhh the mighty MUSHROOM! #Watch these videos to see how to use mushrooms + tasty recipes: <http://ow.ly/AA1k3> #MushroomMonth

Does a smaller plate combat childhood obesity? Get the scoop for Childhood Obesity Awareness Month --> <http://ow.ly/ob8tA>

### Recipes

A true LIFESAVER! In less than 30, have a HEALTHY meal ready in no time with these recipes: <http://ow.ly/zk4V4>

A sweet surprise! Instead of using butter on your toast, switch it up and try this Sweet Avocado Spread: <http://ow.ly/AA5b3>

No bowl needed, just roll it up! These Salad Roll-Ups w/ Thai Lime Dressing are perfect for any occasion: <http://ow.ly/AA90l>

#MeatlessMonday MANIA! Get a scoop of this scrumptious Strawberry Sundae Salad: <http://ow.ly/AAat0>

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

Enjoy these Fresh Start Fruit Cups as a DELECTABLE dessert or satisfying SNACK! <http://ow.ly/AAefA>

### General

The seasons are beginning to change as well as in-season fruits and veggies. See what's in season for fall: <http://ow.ly/AHwB6>

#TipoftheDay – Go for the veggies first! As a general rule, fill ½ your plate with fruit and veggies and then add other foods.

#TipoftheDay - Introduce healthy, new foods when children are most hungry.

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

Cooler weather brings new seasonal fruit and veggies! Here's ten ways to fill your plate with fall flavors -> <http://ow.ly/AHGcw>

A healthy kid is a happy kid! Try these 5 fall healthy snacks kids will love! <http://ow.ly/AHHeB>

#TipoftheDay More color, more antioxidants! Eat a variety of fruit/veg – white too! – for maximum nutrition.

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

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

I scream, u scream, we all scream 4 more BEANS! Get tips 4 cooking w/ beans + a Fresh Mushroom 3-Bean Salad recipe: <http://ow.ly/AHOae>

Can you gain weight from eating too many vegetables? Find out from our expert --> <http://ow.ly/AHPcq>

Think u can't eat #healthy on a budget? Not so! ALL forms of FVs count toward good #nutrition. #GetMore --> <http://ow.ly/mGlVz>

Got a vegetarian kid? Don't panic! Check out answers 2 some of the questions you may have about your child's diet --> <http://ow.ly/AHRE1>

Maintain a healthy weight through diet & regular exercise! Get ideas 4 snacking before & after exercise: <http://ow.ly/AHsk5>

What do two bananas do when they meet each other? Answer --> A banana shake! #HealthyHumor #Funny #Lol

#HealthyHumor - Where did the vegetables go to have a few drinks? Answer --> The salad bar! #Lol

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>

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

Are you going NUTS? Get the SCOOP on your favorite nuts here: <http://ow.ly/xcpFb>

For COLORFUL, VIBRANT, and HEALTHY pictures, follow @fruitsandveggiesmorematters on #Instagram!  
<http://ow.ly/AHV8c>