SEPTEMBER SOCIAL MEDIA POSTS

Holidays/Celebrations

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

It's #FVMMMonth! #DidYouKnow there's over 200 varieties of FVs? Mix it up a little -- check out @Fruit_Veggies database: http://ow.ly/MyGTp

For #FVMMMonth, CELEBRATE w/ @Fruits_Veggies & enjoy every form, FRESH, FROZEN, CANNED, DRIED, & 100% JUICE! All Forms Count!

For Nat'l Potato Month, try this Potato, Black Bean & Kale Skillet Recipe! So delicious! http://ow.ly/MyHTC #FVMMMonth

Baked, boiled, or roasted -- POTATOES are AMAZING! For Nat'l Potato Month, see how to select & store this versatile veggie: http://ow.ly/AzZ0o #FVMMMonth

September is Nat'l Papaya Month! They are an excellent source of Vitamins A & C -- learn more: http://ow.ly/MyKq5 #FVMMMonth

Have you ever tried Papaya Salsa? For Papaya Month, try this yummy Papaya & Black Bean Salsa: http://ow.ly/MyKOl #FVMMMonth

September is Nat'l Mushroom Month! @Fruit_Veggies is shedding light on their nutritional value --> http://ow.ly/Ns4MK #FVMMMonth

@Fruit_Veggies is celebrating the MIGHTY Mushroom with this delicious recipe --> http://ow.ly/MyM8b #FVMMMonth

Recipes

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

This flavorful Bruschetta with Roasted Sweet Red Peppers is an excellent source of Vitamins A, C, & K! http://ow.ly/MyNts #FVMMMonth #GrabNGo

Looking for a light lunch? Whip up this Easy Greek Salad then #GrabNGo! http://ow.ly/MyQE5 #FVMMMonth

For #MeatlessMonday enjoy this ROBUST and SAVORY Tomato-Pepper Pasta: http://ow.ly/MyRoL #FVMMMonth #GrabNGo

Wake up, #GrabNGo! This Banana Raspberry Smoothie will get you on the right track in the AM: http://ow.ly/MySku #FVMMMonth

General

What are some of your fav #GrabNGo FVs? Get the best of in-season produce -- check out the list from @Fruit_Veggies: http://ow.ly/MyT4t #FVMMMonth

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

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

#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, frozen, canned, dried, and 100% juice maximizes #nutrition, minimizes waste & saves you money!

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

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 #GrabNGo #FVMMMonth

Microwave any of your fav chopped veggies in a bowl with an egg or two for a quick, nutritious breakfast! #GrabNGo #FVMMMonth

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

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

Make better food choices by understanding food labels! @Fruit_Veggies can help you make the right choice --> http://ow.ly/MyVV4 #FVMMMonth

Use canned or microwave frozen vegetables on those busy nights! #GrabNGo #FVMMMonth

#TipoftheDay: Keep cut up veggies in a storage bag, for a quick #GrabNGo snack! #FVMMMonth

This Lemon Rosemary Zucchini offers an appetizing new flavor that you'll be sure to love: http://ow.ly/MyX8Q #GrabNGo #FVMMMonth

#DidYouKnow there’s over 7,500 known varieties of apples grown worldwide? #GrabNGo #FVMMMonth

Don't shop hungry! #GrabNGo -- eat a piece of fruit or some veggies before going to the grocery store to avoid hunger-based impulse buys. #FVMMMonth

Any way you slice it, banana splits are great! #Watch this video for a quick treat: http://ow.ly/MyZ7g #GrabNGo #FVMMMonth

#TipoftheDay: Mom! Bring orange wedges to your child's sports team. #GrabNGo #FVMMMonth

What did the banana do when it saw the monkeys? SPLIT! Lol @Fruits_Veggies is hilarious! #HealthyHumor

This cheesy and delicious Cool Quesa is a great healthy snack for the kiddies: http://ow.ly/MEhsp #GrabNGo #FVMMMonth

More Broccoli & Cheese Please! The whole fam will enjoy this tasty side dish: http://ow.ly/MEhU3 #FVMMMonth #GrabNGo

It all starts w/ a bagged salad! Check out these quick, affordable meal solutions from @Fruits_Veggies: http://ow.ly/MEiQ3 #GrabNGo #FVMMMonth

No list -- no time -- no problem! @Fruits_Veggies shares tips to #GrabNGo FVs while in the grocery store: http://ow.ly/MEjKd #FVMMMonth

@Fruits_Veggies shares 30 healthy dinners that feeds a family of 4 for less than $10 -- can't beat that! http://ow.ly/MEkQp #FVMMMonth

Want to reduce the sodium in your post-workout energy drink? @Fruits_Veggies expert can help --> http://ow.ly/MElPQ #GrabNGo #FVMMMonth

#TipoftheDay: Combine frozen 100% juice and berries, then freeze to make popsicles! #GrabNGo #FVMMMonth

#TipoftheDay: Choose fruit & veggie options at restaurants. Fast food? Sub 100% juice for soda and a side salad or fruit for fries. #GrabNGo

What kind of vegetable would you like tonight? BEETS ME! @Fruits_Veggies is cracking jokes! #HealthyHumor #FVMMMonth

Does microwaving change the nutritional value of food? Find out --> http://ow.ly/MEqou #GrabNGo #FVMMMonth

No time? In less than 30, whip up this Chicken Veggie Risotto...VIOLA! Dinner is ready: http://ow.ly/MErRl #GrabNGo #FVMMMonth

In just 5 min & 3 ingredients, you got yourself a tasty snack! These Cucumber Canoes r adorable: http://ow.ly/MEwn0 #GrabNGo #FVMMMonth

This Triple-Fruit Smoothie from @Fruits_Veggies is perfect any time of day: http://ow.ly/MEyqW #GrabNGo #FVMMMonth

Need more reasons to eat FVs? Here's 10 from @Fruits_Veggies Meredith Mensinger, RD of Redner's --> http://ow.ly/MEzwf #FVMMMonth