

SEPTEMBER SOCIAL MEDIA POSTS

Recipes

Have a tasty #GrabNGo smoothie in no time! Try this --> <http://ow.ly/R6CC301zYp9> #FVMMMonth

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

@Fruits_Veggies knows just how to get the taste buds dancing! Enjoy a tasty Kale & Pinata Apple Salad w/Orange-Coconut Yogurt Dressing: <http://ow.ly/opXm301AcU7>

In just a few minutes, make the perfect side dish for a busy night -- Sesame Garlic Vegetable Medley:
<http://ow.ly/sjmm301AdO9> #GrabNGo

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

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

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

This 7-Layer Mediterranean Dip is delicious! <http://ow.ly/is5D301AjF4>

Try this tasty trail mix combo for your next #GrabNGo snack --> <http://ow.ly/ZFK1301Ak77>
#FVMMMonth

Shredded Brussels Sprouts and Chunk Apple Saute w/Pork Tenderloin -- one word -- MOUTHWATERING!
<http://ow.ly/1Ek5301BuQo> #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

#TipoftheDay: Buying a combination of fresh, frozen, canned, dried, and 100% juice maximizes #nutrition, minimizes waste & saves you money! #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 or frozen veggies in a bowl with an egg or two for a quick, nutritious breakfast! #GrabNGo #FVMMMonth

Microwave frozen vegetables on those busy nights! #GrabNGo #FVMMMonth

Heat canned vegetables to complete the meal on those busy nights! #GrabNGo #FVMMMonth

Canned tomatoes + canned beans + favorite veggies & spices=yummy meal! #GrabNGo #FVMMMonth

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

We wanna see you #GrabNGo! Take a flick of you eating FVs while on the go! #FVMMMonth

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

#DidYouKnow it takes energy from 50 leaves to produce one apple? #FVMMMonth

Pose for the camera...flick, flick, flick! Show us your fav #GrabNGo photos on social media! #FVMMMonth

Our supporters are simply AMAZING -- we couldn't do it without you! Thank you for your generous support! #PBHTurns25 #FVMMMonth

In what ways has PBH helped you to eat healthier? #PBHTurns25 #FVMMMonth

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/MEiKd> #FVMMMonth

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> #FVMMMonth

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

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!

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

What are your favorite FVs that you like to enjoy while on the go? We wanna see! Post a pic! #GrabNGo #FVMMMonth

Its Labor Day weekend & we've got just the dish for you! Grilled Pineapple Ginger Glazed Chicken: <http://ow.ly/IGZf301Ai3J>

#PBHTurns25! Woo-hoo! Here's to many more!

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

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

Where are you? We wanna see you enjoying your fav FV -- take a pic & post! #FVMMMonth

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

#DidYouKnow It takes 4 pounds of grapes to make 1 pound of raisins? Amazing how much water can weigh! #GrabNGo #FVMMMonth

Going camping? Frozen veggies double as ice packs in your cooler and can be mixed into pasta salad when they defrost! #GrabNGo #FVMMMonth

Breakfast, Lunch or Dinner! Here are 6 recipes to immediately get the most out of ur frozen fruits and veggies: <http://ow.ly/u6kx0>

We wanna see your selfie! Take a pic of you eating your favorite FV! #GrabNGo

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

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