

SEPTEMBER SOCIAL MEDIA POSTS

Holidays/Celebrations

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

September is Fruits & Veggies--More Matters Month! Add MORE to your meals and reap all the beautiful benefits: <http://ow.ly/WG9t30eMO99>

Celebrate Fruits and Veggies More Matters Month w/@Fruits_Veggies to learn ways to stretch your budget to include MORE FVs in everyday meals & snacks.

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? Get the scoop for Childhood Obesity Awareness Month: <http://ow.ly/qjsz30eMS8f> #FVMMMonth

Baked, boiled, or roasted -- POTATOES are AMAZING! For Nat'l Potato Month, see how to select & store this versatile veggie: <http://ow.ly/DqxY30eN2PV>

It's National Potato Month! Let them be the star they are -- check out some of these poppin' recipes: <http://ow.ly/XV1130eN3PY>

September is Nat'l Mushroom Month! @Fruit_Veggies is shedding light on their nutritional value --> <http://ow.ly/bUlj30eNf8I>

There's plenty of room for mushrooms! @Fruits_Veggies shares their top ten ways to enjoy for Mushroom Month! <http://ow.ly/UW4j30eNgkA>

It's National Papaya Month! #DidYouKnow papaya seeds are edible & can be added to salad dressings? Get more tips: <http://ow.ly/eFp130eNhc6>

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

Recipes

Butternut squash is in season & an excellent source of Vitamins A & C! Try it in South of the Border Squash Soup: <http://ow.ly/Th5M30eNhZE>

Enjoy BOWL-loads of flavor when you try a Strawberry Shrimp Zucchini Noodle Bowl: ow.ly/tInK30cSRUa #FVMMMonth

Quick, easy, healthy, and delicious = #MealGoals! Enjoy this Chicken Veggie Risotto for dinner tonight: <http://ow.ly/ZaBR30eNiCL> #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/Wtov30eNjjj>

This is what happens when you #stretchyourbudget -- #leftovers! Use the veggies from last night to make a yummy #Greek_Salad for lunch! <http://ow.ly/qynb30eNke>

Wouldn't you wanna try something that has 1 1/2 cups of fruits and veggies per serving? Of course! Enjoy this Spicy Fruit Salsa: <http://ow.ly/SXnM30eNkPV> #FVMMMonth

One-dish Roasted Potatoes & Apples w/Chicken Sausage costs just \$2.12/serving -- a great inexpensive meal for the fam: <http://ow.ly/GJZn30eNIOI>

Make a #mouthwatering #MeatlessMonday meal in just minutes! Like these Mushroom Fajitas --> <http://ow.ly/Pi5Y30eNsQF> #FVMMMonth

General

#TipoftheDay: Teach children to read food labels so that they can plan healthy meals. #FVMMMonth

Add lots of lettuce, tomatoes, onions, sprouts, or other vegetables to your turkey burgers.
#BuildABetterBurger #FVMMMonth

#TipoftheDay: Eat a diet that's low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

Get that body on fleek with these tips from @Fruits_Veggies performance nutrition expert, Andrew Dole, RD: <http://ow.ly/cyMI30eNuBt>

There are plenty of perks for you & your fam for going 'MEATLESS' just ONE day out of the week! Check em' out: <http://ow.ly/CFmL302zTd2> #FVMMMonth

FRESH, FROZEN, CANNED, DRIED, & 100% JUICE -- whatever floats your boat! Just remember ALL FORMS of FRUITS & VEGGIES COUNT toward daily goals!

End the summer with a bang with #entertaining_tips, tricks, and recipe ideas from @Fruits_Veggies: <http://ow.ly/ZjRk302BuR5>

Busy schedule? We've got quick meals that won't break the bank--> <http://ow.ly/Ubx6302BwhM>
#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 #30WaysIn30Days

Fruits and veggies don't need to break the bank! Here are tips and ideas to #stretchyourbudget --> <http://ow.ly/Vxwf30eNwdA> #FVMMMonth