

FUEL UP WITH ALL FORMS

CANNED SOCIAL MEDIA POSTS

Mix canned beans into your salads for extra protein & add canned fruit to gelatin for extra texture, flavor and color!

This gluten-free dip makes canned pumpkin the star of the show any time of year! Try Pumpkin White Bean Chipotle Dip: <http://ow.ly/xlkOd>

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

Drain & Rinse! When doing this simple step w/your canned veggies, you'll reduce sodium by almost half!

Don't believe the hype! Here are 5 solid facts about canned fruits and veggies: <http://ow.ly/tjSUy>

#TipoftheDay Sub fruits and veggies for meats. Beans are high in protein, and FVs add flavor, texture and nutrients.

2 years – 8 seasons – 730 sunsets – That's about how long canned fruits/veggies can offer nutrition to your family...and remain TASTY!

FIFO! Keep your canned goodies on a rotation to ensure you don't miss the "use by" date! Get more storage tips here: <http://ow.ly/tjTH2>

Save \$\$\$ -- Always know what's in season so you can CAN-CAN away! See a full seasonal list here: <http://ow.ly/tiTUL>

Easy, quick and canned! Our Veggie Chili highlights a few of our favorite pantry heroes: <http://ow.ly/tjUbn>

Nutritious & convenient! Canned veggies are already cooked -- Just heat & eat!

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>

Who says savory soup has to take a long time? This Mediterranean Potato Soup is quick n overflowing w/veggies: <http://ow.ly/p211E>

#TipoftheDay When the weather turns cooler try making soup to warm you up! Canned tomato juice makes a tasty base for vegetable soup broth.

Tasty n moist! Substitute applesauce or canned pumpkin in certain recipes for oil to reduce fat/calories.

#TipoftheDay – use applesauce cups as a dip for other cut up fruit like strawberries or melon.

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

A Party in a Pot! This nutritious Black Bean & Sweet Potato Chili is filling and oh so satisfying! Get the recipe: <http://ow.ly/w7V0x>