

## **FUEL UP WITH ALL FORMS**

### **FROZEN SOCIAL MEDIA POSTS**

#DidYouKnow ...freezing locks in flavor & nutrition of frozen fruit + they're ready to use anytime!  
[ow.ly/anP5E](http://ow.ly/anP5E)

Keep frozen fruit on hand for quick desserts & smoothies. They contain all the nutrition of fresh & are ready when you need them!

See this RD's unique frozen family favorites and why she uses frozen veggies frequently:  
<http://ow.ly/u6wUz>

Keep ur frozen fruits and veggies ready for any dish with our Frozen Storage 101 tips: <http://ow.ly/tjTH2>

#Healthy Eating Tip: Mix frozen spinach or broccoli into your pasta dishes to add 1 more serving to your day!

Here's some fresh thinking about frozen foods + 5 reasons to buy them: <http://ow.ly/yClzi>

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

Save \$\$\$ -- Always know what's in season so you can buy extra & freeze 4 later! See a full seasonal list here: <http://ow.ly/tjTUL>

No more Bon Bons! Freeze berries, melon balls or grapes for a refreshing treat in warm weather.

Go beyond smoothies w/ ur frozen fruit! Here are 9 other ways to have fun with it, including a homemade fruit soup: <http://ow.ly/yCIPy>

Say NO to ice cream trucks! Just buy frozen fruit & skim milk to blend your own #healthy smoothie that's a much better value!

Slurps-A-Million! Try any one of these 50+ smoothie/beverage recipes with your frozen fruits:  
<http://ow.ly/u6xDB>

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

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

Use frozen fruit & low-fat yogurt to make a smoothie as the perfect #healthy after school treat!

Get your soups/stews to the table in a flash with frozen veggies! See a bunch of healthy soup recipes here: <http://ow.ly/u6xWN>