

## JUNE SOCIAL MEDIA POSTS

### Holidays/Celebrations

Keep it FRESH for National Fresh Fruit & Vegetable Month with these awesome storage tips: <http://ow.ly/nYN6300zHdN> #SayYesToFresh #FreshFruitandVegetableMonth

June is National Fresh Fruit and Veggie Month! Take advantage of the FRESHEST, in-season produce! See the list: <http://ow.ly/NyzKW> #SayYesToFresh #FreshFruitandVegetableMonth

#DidYouKnow the tiny black seeds in papaya are edible, slightly peppery, and perfect for salad dressings? For National Papaya Month, here are TEN ways to enjoy: <http://ow.ly/NyBz4>

Papayas are an excellent source of vitamins A & C! Learn more about this EXOTIC fruit for National Papaya Month: <http://ow.ly/NyASo>

### Recipes

Grilled Shrimp w/Melon Avocado Salsa is a dish you simply can't resist: <http://ow.ly/4naHcT>

This Mango Avocado Salsa makes a great topping for seafood dishes like fish, scallops, and shrimp! <http://ow.ly/Kiv46>

The whole family will LOVE this REFRESHING Blueberry & Chicken Pasta Salad w/Field Greens: <http://ow.ly/NyCgQ>

This Summer Potato Salad with Lemon-Parmesan Dressing is sure to steal the show at your next picnic: <http://ow.ly/NCEIO>

Snack time! This Peanut Hummus & Vegetables is delicious! <http://ow.ly/NyV8a>

Papaya Salsa? Absolutely! Try this Papaya and Black Bean Salsa with chicken or fish from @Fruits\_Veggies: <http://ow.ly/850J300zJ0p>

Taste a rainbow of FVs! Try this yummy Rainbow Slaw Salad from @Fruit\_Veggies! <http://ow.ly/Nz42V>

Low-Salt Grilled Veggies? Of course! <http://ow.ly/K3JS300A1I7>

A sweet side surprise! This Chilled Blueberry Soup pairs well with Salmon but also can deliver flavor and nutrients to any meal: <http://ow.ly/xa2hV>

Bored w/ tired toast? Drop the jam and pick up these Strawberry Mango Feta Toast Points to get a jump on your day: <http://ow.ly/xa3GD>

Use your JUICY watermelon to try Watermelon Gazpacho! It's a cool appetizer on a warm, sunny day --> <http://ow.ly/QJ2I300zK8S>

How yummy are these Orange Mango Chicken Lettuce Wraps? Very! <http://ow.ly/bHuQ300zMb4>

## General

How to get maximum freshness from loose-leafed salad mixes: <http://ow.ly/u4enZ>

What exactly are "healthy" foods? Don't be fooled. Get the facts: <http://ow.ly/wDBDu>

#TipoftheDay: Get up & get going! Enjoy activities with your friends & family: cycling, bowling, gardening, or dancing. The weather is perfect!

Colors are "in" this season so make your plate a rainbow! Color=Variety=Nutrition! <http://ow.ly/aPOsJ>

Grilling 2day? Turn a bland cookout into a flavorful fiesta w/ these fruit & veggie grilling tips from @Fruits\_Veggies: <http://ow.ly/wavDn> #SayYesToFresh #FreshFruitandVegetableMonth

@Fruits\_Veggies Healthy Grilling eBook is available! It's loaded with tips, recipes, and more! Happy grilling! [ow.ly/6h3Y30b1Fnb](http://ow.ly/6h3Y30b1Fnb) #SayYesToFresh #FreshFruitandVegetableMonth

@Fruits\_Veggies knows how to entertain! Check out these tasty tips and recipe ideas: <http://ow.ly/JEfQ30bcbQ8>

A summer bod is within your reach -- Trim off those last few stubborn areas with fruits and veggies! Find out how: <http://ow.ly/xcunR>

Watermelon is 92% H2O. A slice of this chin-dribbling fruit is like drinking a glass of water & a great way to stay hydrated! Find out more: <http://ow.ly/xcs0w> #SayYesToFresh #FreshFruitandVegetableMonth

#TipoftheDay: Fruits & veggies are available in an almost infinite variety...there's always something new to try!

Fruits, veggies and fitness go hand in hand! Ever feel the burst effect? Try quick, rigorous 5-10min workouts throughout the day to keep the pep in your step. Find out more about diet and fitness: <http://ow.ly/xcsEh>

Gardening Reminder for June --> What should you be doing? Find out: <http://ow.ly/wuWkz> #FreshFruitandVegetableMonth #SayYesToFresh

Interested in PERFORMANCE NUTRITION? Check out this column from @Fruit\_Veggies Performance Nutrition Expert, Andrew Dole, RD: <http://ow.ly/NyYG5>

Kick the candy to the curb! Grill pineapple, peaches or mango. Top w/ a dollop of low-fat ice cream, frozen yogurt or sherbet. Sweet tooth...satisfied!

Crisp carrots, cool celery, tasty tomatoes, & beautiful broccoli is one of @Fruits\_Veggies fav veggie tray combos. What are yours? #SayYesToFresh #FreshFruitandVegetableMonth

Join @Fruits\_Veggies *Everyday Chef* Alex Caspero, RD every Tuesday in June for a Facebook Live feature on the Fruits & Veggies—More Matters Facebook page. Celebrating Fresh Fruit and Vegetable Month!