

## JULY SOCIAL MEDIA POSTS

### Holidays/Celebrations

Wanna know how much #100%JuiceMatters?! Find out from our expert if it counts towards your daily recommendation of fruits and veggies? <http://ow.ly/aokt30kM3Do> #JuiceMonth #RealJuiceMatters

The more berries, the merrier! Enjoy them in a smoothie, salad, or by themselves...SWEET!  
#NationalBerryMonth

For National Berry Month, learn the difference between "true" berries vs. berry-like + a berry-licious recipe: <http://ow.ly/O2Fu1>

80 cal - 0 fat - Vit A, C, B6, B1 - Potassium - Fiber --> For National Watermelon Month stay hydrated with the "real" smart water: <http://ow.ly/yh5xp>

Any way you slice it, WATERMELON is WONDERFUL! Don't believe us? Just watch -->  
<http://ow.ly/peAv301JYLM> #NationalWatermelonMonth

Selection, nutrition, storage...Here's everything you need to know about blueberries for National Blueberry Month: <http://ow.ly/yh4lx>

Grab the BLUEBERRIES & we'll take it from there! Check out these SWEET ideas highlighting these nutritious gems: <http://ow.ly/ljIS301JYm5> #NationalBlueberryMonth

What's your fav FV to throw on the grill? For National Grilling Month, here are 5 FVs that are GREAT for grilling: <http://ow.ly/O2FXI>

July is National Picnic Month! Pack the perfect picnic with these colorful & nutritious ideas -->  
<http://ow.ly/O2EzC>

Pack more produce! For Nat'l Picnic Month, check out TEN ways to feature FVs at your next picnic -->  
<http://ow.ly/O2EXH>

### Recipes

Flavor, freshness, and nutrition all in one bowl! Try this Watermelon, Arugula, and Feta Salad from @Fruits\_Veggies chef, @DelishKnowledge: <http://ow.ly/JJuc30kO8HV>

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

These Power Berry Smoothies will give you just the energy you need on a hot summer day:  
<http://ow.ly/YEpx300zMtm>

We're totally drooling over these Avocado Summer Wraps from @Fruits\_Veggies:

<http://ow.ly/CvBn300AeTy>

@Fruits\_Veggies just turned it up a notch for #MeatlessMonday! Enjoy these Zucchini Ricotta Roll-Ups from their chef, @DelishKnowledge: <http://ow.ly/v8vT30kO8P5> #LasagnaDay

Enjoy BOWL-loads of flavor when you try a Strawberry Shrimp Zucchini Noodle Bowl:

<http://ow.ly/tInK30cSRUa>

Cool, refreshing, nutritious, delicious --> Cucumber Blueberry Salad: <http://ow.ly/7gtQ30cSSar>

Get the party started with these Grilled Scallops & Watermelon Kebabs! <http://ow.ly/O2lhH>

Skip the cakes and cookies and indulge in a Fruit Salad w/Citrus Sauce: <http://ow.ly/OonjX>

Water is great for hydration! Add some fruit 4 a dose of vitamins & flavor -- As seen in these fruit-filled beverage recipes --> <http://ow.ly/yhcQN>

Skip the mayo & add some kick w/our Southwestern Coleslaw at your next #picnic: <http://ow.ly/bBweD>

A delight that's oh so right! Orange and apple juice get frothy with bananas for this Orange Delight Juice: <http://ow.ly/1HLm30kO95S>

### General

#TipoftheDay: Choose and prepare foods with little salt. At the same time, consume potassium-rich foods, such as fruits and vegetables.

#DidYouKnow Watermelon is 92% water? Learn more about this juicy fruit --> <http://ow.ly/NyVyp>

100% orange juice is the new SUPERFOOD? Get the facts and drink up: <http://ow.ly/TZLFN>

How does natural sugar affect your body and mind compared to refined sugar? Ask @Fruits\_Veggies expert --> <http://ow.ly/2O05300zOJ2>

Pack plenty of fruits & veggies, along with the sunscreen, before you hit the beach or pool. <http://ow.ly/S34t2>

Beat the heat and keep your fruits and veggies safe! Learn more from Carrie Taylor, RD: <http://ow.ly/qBMW30cSSyh>

#DidYouKnow long-term #stress can add inches to your #waistline? Get the facts + ways to manage your stress! [ow.ly/3xfk30cOPwi](http://ow.ly/3xfk30cOPwi)

100% juice or whole fruit? How about BOTH! See how 100% juice can be an asset to your healthy diet: <http://ow.ly/yCApm>