

## October Social Media Posts

For Twitter:

October is National Apple Month! Finding a great apple is as easy as pie! Learn about the different varieties: <http://ow.ly/dNwDi>

It's National Cranberry Month! Selecting perfect cranberries is as simple as the "bounce test" ...here's how: <http://ow.ly/dNwVn>

(For October 10-14)

It's National School Lunch Week! Boost your child's brain power w/these #healthy school lunch ideas: <http://ow.ly/dNxhn>

For October 29)

Today is National Oatmeal Day! Pump up the #nutrition by adding some bananas, diced apple, dried fruit or nuts in your bowl!

Special of the Month: Perfect for Halloween Fun--Grab Bag (set of 50) on sale for \$10.50!  
<http://ow.ly/dNyfz>

\$1 or less items--perfect for Halloween party giveaways! <http://ow.ly/dNyB5>

Fall Party Guide! Don't forget the fruits & veggies for your next autumn event, check out 15 #healthy menu items: <http://ow.ly/dNz3Y>

Acorn squash, pears, pumpkin & turnips are in season & at their peak of flavor! The full list of fall fruits/veggies: <http://ow.ly/dNzrs>

Individual boxes of raisins, cups of apple sauce or individual cans of fruit cocktail make healthy alternative to candy for Halloween!

#MyPlate guidelines recommend water, low-fat/fat-free milk or 100% juice instead of sugar-sweetened drinks. Apple juice is perfect for fall.

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

For easy weeknight dinners, add frozen veggies to stir fry dishes or quick casseroles. They're always on hand & budget-friendly!

Try baking winter squash & drizzle w/olive oil & sprinkle w/cinnamon. Get more #healthy ways to cook fruits/veggies: <http://ow.ly/dNBpZ>

#Healthy Halloween Party Idea: Try an Apple Dipping Bar! Kids will love this--here's how: <http://ow.ly/dNBH0>

Featured #healthy plate, Sweet Potato Pancakes w/Maple Mushrooms, combine perfect flavors for the season: <http://ow.ly/dNCA4>

Try a different spin on a burger w/ Salmon Burgers & Sweet Potato Fries featured #healthy plate: <http://ow.ly/dND3Y>

It's apple season & Spinach Salad w/Apples & Eggs features their delicious, tart/sweet flavor: <http://ow.ly/dNDoF>

You can still eat #healthy, tasty meals w/a hectic schedule. Seasonal 30 Minutes or Less recipes can help! <http://ow.ly/dNDNd>

Keep the kids happy! Here are 5 seasonal #healthy treats your children are sure to love! <http://ow.ly/dNE35>

After-School Snack Attack! Don't fear--here are some new twists on old favorites that include fruits & veggies: <http://ow.ly/dNEil>

Eating MORE fruits/veggies don't need to break the bank! Here are 6 ways they can help you save \$\$! <http://ow.ly/dNF2i>

Make a list of what you need for the week & only buy that @ the store. Get 29 more tips on stretching your food budget: <http://ow.ly/dNFHf>

It's harvest season--learn what you should be doing in your garden during October: <http://ow.ly/dNG2Z>

Adding nuts to fall baking adds more than crunch, they're packed w/fiber, protein & heart healthy fats! Learn more: <http://ow.ly/dNGpF>

Fall is a great time to start an exercise program. Learn how every day activities count as exercise too! <http://ow.ly/dNH4w>

Think organic is always best? Read the latest research & get the answer: <http://ow.ly/dNHwk>

Which phytochemicals (antioxidants) promote heart health & which fruits/veggies contain them? Find out! <http://ow.ly/dNHNx>

Tailgating before the game doesn't have to be a #nutrition nightmare--here are 10 #healthy ideas to keep you on track! <http://ow.ly/dNIDZ>

Farmers markets have plenty of fall produce right now at good prices. Locate one in your community: <http://ow.ly/dNJ1z>

Are your veggies lacking "pizzazz"?? Here are Top 10 Ways to Make Veggies Tasty: <http://ow.ly/dNKfY>

#Healthy Eating Tip: Swap out one of the eggs in your omelet & add mushrooms, peppers, onions or broccoli!

For Facebook:

How are you celebrating Halloween this year?

- Traditional trick-or-treating
- Halloween party
- Doing an alternative family event to celebrate
- Not celebrating Halloween

What is your favorite apple variety?

What do you make more frequently when the cooler weather arrives?

- Soups/stews
- Roasted veggies/meals
- Baked goods (breads, muffins, etc.)
- all of the above
- none of the above