

August Social Media Posts for General Use

Twitter Posts:

August 3rd is National Watermelon Day! This video teaches you how to select the perfect one:

<http://ow.ly/cc0QA>

August is National Peach Month! Peaches are a good source of Vitamin C & here are our Top 10 Ways to enjoy them: <http://ow.ly/cc1uK>

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

Dried fruit & nut mix makes for the perfect on-the-road snack--it's nutritious, stores well and kids love it!

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

Remember to keep hydrated in the heat! Freeze 100% juice into ice cube trays and add to water for a refreshing flavored water.

Here's a different twist to the usual burger, try a portabella mushroom burger instead!

<http://ow.ly/cbRnV>

#Healthy Eating Tip for Summer: Marinate sliced veggies in balsamic vinegar & grill. Try squash, onion, mushrooms, peppers & eggplant.

Spending time at the grill? Protect your clothes w/the More Matters colorful apron w/2 large pockets:

<http://ow.ly/cc3A6>

Gear up for back-to-school w/our Kids' Pouch & Supplies Kit--everything your child needs in a secure pouch: <http://ow.ly/cc3Uz>

Teacher's Corner--Fruits & Veggies Teaching Aides are geared for the classroom & can support 20-30 children: <http://ow.ly/ccdlz>

Buy seasonal produce that is less expensive & add frozen & canned fruit & veggies to your grocery list. All forms count & will save you \$\$.

Fruit/veggies can help keep you hydrated during summer since many have high water content. Be sure to include them in all your meals!

Summer heat can steal your appetite, fruit/veggies can help, opt for "light" fare like salads and wraps:

<http://ow.ly/cc6wM>

Spending a day at the pool or beach? Bring your own snack like single serving canned fruit & boxes of raisins, dates or dried cranberries.

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

Adding frozen veggies like chopped spinach or broccoli to your pasta dishes is a great way to add 1 more serving to your day!

Freezing 100% juice into pre-set popsicle molds is a great way to treat your kids to a summertime treat!

This European Salad w/Chicken #healthy plate is the perfect light lunch for a hot August day:

<http://ow.ly/cc8MW>

Get your morning started with this cool, refreshing Avocado Melon Breakfast Smoothie:

<http://ow.ly/cc91H>

Spinach Quich Portabella Caps are ideal for a #healthy Sunday morning brunch: <http://ow.ly/ccdJd>

Many veggies are ready to be harvested this month--find out what you should be doing in your garden:

<http://ow.ly/cc9A0>

Buy cherries, eggplant & green beans now, they're in season & you'll save \$\$\$. Get the full list of summer produce: <http://ow.ly/ccalJ>

Fiber helps keep you feeling full, which can help w/weight management. Find out what fruit/veggies are high in fiber: <http://ow.ly/ccast>

Learn how fruit & veggies play a key role in reaching & maintaining a #healthy weight:

<http://ow.ly/ccbwR>

When reaching for a snack find out how fruit/veggies measures up. For 100 calories you get MORE--see why: <http://ow.ly/cccmw>

Kids who are active in the kitchen learn to make healthier food choices. Here are ways to get your child involved: <http://ow.ly/ccp9R>

Trying to figure out how many servings of fruit/veggies you need each day? Learn the #MyPlate concept & make it easy! <http://ow.ly/ccpuA>

#DidYouKnow you can use lime juice in place of salt to season fish, chicken or pork & cut down on your sodium? <http://ow.ly/ccqrV>

#DidYouKnow ...The nectarine is actually a subspecies of peach that lacks the gene for fuzz!

<http://ow.ly/ccqDF>

Facebook Posts:

What fruit or veggie is your garden over-producing right now?

-summer squash

-tomatoes

-melons

-peaches

-peppers

When vacationing how well do you incorporate fruit and veggies into your diet?

-Very well, we bring along snacks & make our own meals along w/eating out

-Fairly well, we try to bring some snacks and order healthy options when eating out

-Not well, it's a free-for-all when we're on vacation as far as our healthy diet is concerned

What are your favorite summer fruit desserts?

Are you planning to jar or can any fruit or vegetables you've grown in your garden this year?