

September Social Media Posts for General Use

For Twitter:

September is Fruits & Veggies--More Matters Month & there's never a better time to add MORE to your meals--learn how: <http://ow.ly/cLFzy>

September is National Papaya Month! #DidYouKnow papaya seeds are edible & can be added to salad dressings? <http://ow.ly/cM0FN>

September is National Mushroom Month! Grill 'em, saute for flavor or add to your omelet--just a few ways to enjoy: <http://ow.ly/cLH1B>

September is National Potato Month & our Produce Man has some creative ideas for using these delicious spuds! <http://ow.ly/cLNpe>

(For the second week in September) It's Vegetarian Awareness Week--get the scoop on a vegetarian diet & the health benefits: <http://ow.ly/cLHsX>

(For 9/7) Today is National Acorn Squash Day! Enjoy roasted, in a soup or stuffed—here are more ways we love acorn squash: <http://ow.ly/cLFZl>

Canned fruit & a dried fruit/nut mix are great lunchbox snacks for your kids--they're convenient, they keep well & are nutritious!

Be sure you pack low-fat milk, 100% juice or water as beverage choices for your kids in their lunchboxes instead of sodas or sports drinks.

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

Sweet Potato Pancakes w/Maple Mushrooms make for an ideal #MeatlessMonday dinner entree: <http://ow.ly/cLJm9>

A different take on the usual burger & fries meal--try this Salmon Burger w/Sweet Potato Fries for a tasty change: <http://ow.ly/cLK6T>

Has back-to-school & fall sports made your life hectic? Here are some tips to keep a #healthy diet when on-the-go: <http://ow.ly/cLKWT>

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

Canned tomatoes are the perfect addition to soup bases for added flavor and texture.

A well-stocked pantry will have you prepared for ANY meal! Here's a list of items to keep on hand: <http://ow.ly/cLOjE>

Pears, pumpkins & sweet potatoes are a few fruits/veggies in season right now--get the full list: <http://ow.ly/cLODk>

Butternut squash is in season & are excellent sources of Vitamins A & C! Try it in South of the Border Squash Soup: <http://ow.ly/cLPxO>

Pack orange slices, apples, boxes of raisins, cups of applesauce, bananas or baby carrots for snacks at sports practice.

Harvest season has begun--here's what you should be doing in your garden: <http://ow.ly/cLQp8>

Does your school have a salad bar? These fun posters will help promote it & get everyone wanting to eat MORE! <http://ow.ly/cLR5a>

Kids' Pouch & Supplies Kit contains everything your child needs to get his/her year started off right! <http://ow.ly/cLRBH>

Colorful fruit & veggie posters that are perfect for school cafeterias, health classes or nurse's offices: <http://ow.ly/cLRWB>

Smart shoppers should buy produce in season & supplement w/frozen, canned & dried fruits/veggies— all are nutritious & you'll save money!

September is a great time to get out & get moving! Learn how physical activity aids in #healthy weight management: <http://ow.ly/cLSwJ>

Portion control plays a role in maintaining a #healthy weight. Here are some tips to stay within your portion limits: <http://ow.ly/cLT4I>

Make back-to-school lunches a snap! Mix & Match from different food groups on this printable sheet: <http://ow.ly/cM11I>

Kids in the Kitchen! Kids learn by doing--ways to get your little ones involved in a healthy lifestyle: <http://ow.ly/cM1XC>

Are your veggies bordering on "hum-drum"? Check out our Top 10 Ways to Make Veggies Tasty & see what happens! <http://ow.ly/cM4Ao>

#DidYouKnow certain fruits & veggies are good sources of calcium? Find out which ones you should be consuming: <http://ow.ly/cM5Mr>

For Facebook:

What's your favorite fall fruit or veggie?

-Apple

-Pear

-Pumpkin

-Winter Squash

-Sweet Potato

-Cranberry

Now that it's back-to-school time, do you continue to prepare family meals during the week?

-Yes, but it takes more planning

-Yes, but I cook more on the weekends and we eat leftovers more during the week

-I do, but not as much

-No, I don't have the time

What's your favorite fall dessert?