

DECEMBER SOCIAL MEDIA POSTS

Holidays

December is National Pear Month--poached, preserved or in chutney, there are so many ways to enjoy!
<http://ow.ly/dYSLV>

Pick the perfect pear for National Pear Month! Full of fiber, vitamins and minerals, these 100-cal gems are perfect this time of year! Learn to select, store n handle here: <http://ow.ly/r5sOF>

Take a trip to the tropics for Tropical Fruits Month! Or just feel like you're there with our Tropical Jerk Shrimp w/ Melon Salsa: <http://ow.ly/r5ufk>

Tap into your inner cabinet for Tropical Fruits Month! Canned tropical fruits give u a boost of vitamins and nutrients, and keep for the long haul!

Special Days

(December 1)

Today is Eat a Red Apple Day & when u consider apples are fat free, low in calories, low in sodium & high in fiber, you'll want one every day!

Pinnata, Jazz or Pink Lady....try a new red apple variety for Eat a Red Apple Day! And learn how to select, store and handle here: <http://ow.ly/r62xl>

Seasonal

Is it true Americans can't survive the holidays without putting on weight?? Get the answer & our advice:
<http://ow.ly/fhKns>

Work parties, happy hours, holiday dinners--here's how to stick to a #healthy diet while dining out:
<http://ow.ly/fhNwB>

Drink flavor and nutrients, not calories and sugar! Here are 5 healthy beverages to add to your holiday table this year: <http://ow.ly/r0OhM>

Entertain the masses without added mass! Check out over 40 ways to trim down your holiday offerings:
<http://ow.ly/r5ZfW>

Lighten your load with these 15 low-fat and low-cal holiday recipe ideas: <http://ow.ly/r5Zse>

Give the gift of #health this #holiday season by creating #healthy dishes for your #family, and sharing fruits and veggies with your #friends!

Recipes

Switch up your style by stuffing your peppers and lettuce wraps with healthy, tasty ingredients! Full of nutrients too! Try these Fiesta Frescada Wraps and Bellafina Boats tonight: <http://ow.ly/qOJ0c>

Need a quick dinner idea? Mushroom Sloppy Joes! Get everything you need to recreate this #healthy plate: <http://ow.ly/fhID1>

May I have some more please! That's what we hear when we serve our Apple Pistachio Crisp: <http://ow.ly/r5wdB>

A side dish that steals the spotlight! Minted Green Beans w/ Red Onion compliments any meal: <http://ow.ly/r5zhe>

SCORE! For less than \$20, you can feed your family of four this delicious n nutritious Yellow Potato n Red Pepper Shrimp Saute: <http://ow.ly/r60oT>

Bring them home for the holidays with this hearty and delicious Apple Corn Chili: <http://ow.ly/r60Ak>

Finish off your week decadently! Unwind with Scalloped Potatoes and Chicken w/Fennel for a weekend to remember: <http://ow.ly/r60Yu>

Quench your thirst on #ThirstyThursday w/ our Indian Mango Lassi! Tasty, delicious and most importantly NUTRITIOUS! <http://ow.ly/r61dQ>

General

Kickoff @MeatlessMonday the right way! @Fruits_Veggies has over 1,000 recipes utilizing over 100+ varieties of FVs for u to get started. You can even search by commodity. Check it out: <http://ow.ly/r5xPA>

Buy cranberries now while they're in season & budget friendly! Freeze them for use at a later date: <http://ow.ly/ffoD4>

Collard greens, tangerines & leeks are a few fruits & veggies in season right now--get the full list! <http://ow.ly/fhFe6>

#DidYouKnow Eating fruits and veggies are good for kidney health? Get the details right here: <http://t.co/YICDxQngfM>

We all know eating plenty of fruits and veggies is a win-win situation, but are you debating on making the full transition to a meatless diet? Get the breakdown of the different levels of vegetarianism: <http://ow.ly/pPH1H>

TGIF! This weekend invite your kids in the kitchen for MORE than just eating! An extra pair of hands is always useful, and full of fun! <http://ow.ly/r5xWe>

Give a gift from the heart & a #healthy one too! 2 delicious recipes perfect for gift giving:

<http://ow.ly/fhFNa>

These healthy menu ideas sure are making us hungry: <http://ow.ly/r5ZTE>

Frozen & canned veggies are great additions to your holiday casseroles! They're convenient, nutritious & budget-friendly so STOCK UP!

If making a fruit dish, consider frozen fruit, freezing locks in flavor & nutrition + they're ready to use anytime! ow.ly/anP5E

There are several nutrient superstars at peak this time of year! Get the full list of winter wonders:

<http://ow.ly/r5ybz>

Try seasoning your holiday dishes w/herbs & spices instead of high fat sauces or prepare veggies by roasting to bring out their rich flavor.

#TipoftheDay When eating out choose meals w/fruits, veggies n beans. Don't mask ur flavorful FVs w/creamy or sugary sauces. Enjoy real food!

Playing w/ ur food is fun n healthy! Get ur kids in the kitchen 2day. #FamilyMeal creation is a lifetime learning experience 4 them!

To roast, grill or stew? That is the question. All are healthy cooking methods n we have 7 others you'll love too: <http://ow.ly/pcoay>

#TipoftheDay Don't let hunger get the best of you! Hungry people make bad decisions. Make wise eating decisions BEFORE you feel hungry.

Substitutions are a great way to cut calories n increase nutrition! We've got a full list of easy substitutions 4 u: <http://ow.ly/r618k>

Fight the good fight by filling up on phytochemicals! Find out what you need and how to get them right here: <http://ow.ly/r61DD>

Balance is key! Don't wait until the New Year to start a new diet. Here's why making a lifestyle change NOW is important: <http://ow.ly/r61SK>

Kids like to eat what they cook! Here's how to get them cooking the right things right now:

<http://ow.ly/r625j>

Here are the TOP TEN fruit snacks for your kids, and they are not gushy, mushy balls of sugar:

<http://ow.ly/r62bb>