

February Social Media Posts

For Twitter:

Strawberries, blueberries, blackberries & raspberries--it's Berry Fresh Month so be sure to pick up your favorite berry today!

It's National Cherry Month! #DidYouKnow how the Bing cherry got its name? Your Produce Man has the answer: <http://ow.ly/dYFvN>

February is National Potato Lover's Month--try topping your spud w/some low-fat cheese & broccoli or salsa, avocado & light sour cream.

It's National Sweet Potato Month--in a pancake, roasted, mashed or steamed--here are our top 10 ways to enjoy: <http://ow.ly/dYGuF>

February is National Grapefruit Month! Your Produce Man shows you how to brighten up your salad w/this citrus fruit: <http://ow.ly/gBtJM>

It's American Heart Month! Discover why fruits/veggies can help play a key role in lowering your risk of heart disease: <http://ow.ly/gBu8D>

(2/27)

Today is National Strawberry Day! #DidYouKnow there are 200 tiny seeds on every strawberry?! Top 10 ways to enjoy: <http://ow.ly/gNlwM>

(2/28)

Today is National Chili Day! How about some hearty 3-Bean Chili w/Chunky Tomatoes?! Less fat + more #nutrition! <http://ow.ly/gBuEh>

Consider replacing 1 calorie-dense snack w/a fruit or veggie--it could reduce overall calorie intake & improve #diet quality!

Get expert advice from Supermarket Dietitians via our weekly Insider's Viewpoint: <http://ow.ly/gBwpV>

Easy, #healthy trade-offs that save you \$\$! Add 1 cup of veggies daily (\$.50) instead of 1 bag of chips per week and save \$3.50!

Canned tomatoes are quick & ready to use! Chopped garlic + olive oil + canned tomatoes + fresh basil = quick pomodoro sauce!

Who says you always need fresh? Frozen fruit is a key ingredient to this tasty Cran-licious Smoothie: <http://ow.ly/gByQ4>

Warm your winter morning w/oatmeal! Add more flavor & nutrition w/dried fruit like raisins, dates, dried cranberries or apricots.

The Power Gold Smoothie combines two types of 100% juice + grated carrot & yogurt to make this an energy explosion! <http://ow.ly/gBzIA>

Oranges are in season & canned beans are budget-friendly in our #healthy plate Mixed Greens w/ Oranges & White Beans: <http://ow.ly/gBALM>
Phytochemicals (antioxidants)—Learn what they are, what they do & which fruits & veggies they can be found in <http://ow.ly/gBBfQ>

Snacking on-the-go ...grab a whole fruit, cut veggies or dried fruit & nuts. It's Mother Nature's "Fast Food!"

"Go Red for Heart"--a special #Healthy Menu Idea just for you & your loved ones:
<http://ow.ly/gBCyx>

Snacking can be an important part of a #healthy eating plan! Check out these Smart Snacking videos for great ideas: <http://ow.ly/gC24m>

Stretch your food dollars! 12 Ways To Make Your Meals Last Using Fruit & Veggies:
<http://ow.ly/gC2J0>

Fruits & veggies can help in the fight against childhood obesity as shown in this YouTube video: <http://ow.ly/gC3cz>

Cherries are linked to reducing risk factors for heart disease! Here are 5 easy ways to add them to meals & snacks: <http://ow.ly/gC5aD>

Add some spice to your canned veggies--Your Produce Man has loads of ideas for all your canned veggies: <http://ow.ly/gC5vu>

Need a little zest?? Learn how to use lemon & lime juice to boost the flavor of nearly everything! <http://ow.ly/gC65S>

When you're craving a snack, learn what you can munch on for 100 calories (hint: you can eat more fruits/veggies!): <http://ow.ly/gC6kb>

Planning is key to smart shopping & saving \$\$. Our magnetic grocery notepad ensures you won't forget a thing! <http://ow.ly/gC72h>

Get your kids into the #healthy groove with our fruit & veggie music CDs--rap, blues & rock 'n roll are just a few: <http://ow.ly/gC7u6>

For Facebook:

Have you stuck with your 2013 healthy living resolution so far?

- Yes
- No
- For the most part
- What resolution?

In celebration of Heart Month (and Valentine's Day), what is your favorite "red" fruit or veggie?

How often do you use canned or frozen fruit and vegetables in your meals/snacks during the winter months when fresh produce isn't as readily available?

- Daily
- A few times a week
- Once a week
- Rarely
- Never