

June Social Media Posts

For Twitter

It's National Dairy Month! Celebrate by adding fruit to your smoothies like this Banana Breakfast Smoothie: <http://ow.ly/I3qT>

June is National Iced Tea Month--try adding flavors like berries, peach, mint or mango to your iced tea for a different twist.

It's National Fresh Fruit & Vegetable Month! Get nutrition info for more than 175 fruits & veggies: <http://ow.ly/I3thR>

June is National Papaya Month. Learn how to create a tasty marinade using papaya seeds: <http://ow.ly/I3tQa>

It's Turkey Lovers Month--try celebrating w/this recipe for Turkey Burgers w/Spinach & Pineapple: <http://ow.ly/I3uwd>

(June 3)

Today is National Egg Day--don't forget to add lots of veggies to your omelet like onions, mushrooms, peppers, broccoli & asparagus!

(June 10)

It's Herbs & Spices Day--Use different herbs & spices like basil, thyme, dill or oregano to help reduce the need for salt in your meals.

(June 17)

Today is Eat All Your Veggies Day--Did you know adding dip can increase kids' veggie intake by 80%? <http://ow.ly/I3vSg>

(June 18)

Today is National Picnic Day--Learn how to pack a perfect produce-filled picnic basket! <http://ow.ly/I3wtR>

(June 20)

It's the first day of summer & time to fire up the grill! Try these delicious Chicken Vegetable Kebabs tonight: <http://ow.ly/I3x5I>

Planning a BBQ? Create a better burger (minus the meat!): <http://ow.ly/I3xsg>

Bell peppers, cantaloupe & cucumbers are in season right now & at their peak of flavor--more in season produce: <http://ow.ly/I3yfh>

Can the antioxidants found in fruits & veggies prevent sunburn & skin cancer? Read the latest research: <http://ow.ly/I3yPh>

For a refreshing summer treat, freeze 100% juice to make healthy popsicles or add juice to sparkling water for a tasty twist.

Cherries are in season! A good source of Vitamin C & potassium, here are some great ways to enjoy them: <http://ow.ly/I3DkJ>

Dried fruit & nut mix is a convenient & nutritious snack option to take along to the pool or beach!

Canned beans are the perfect addition to this Corn & Black Bean Salad for your next cookout: <http://ow.ly/I3EDc>

When working to reach or maintain a healthy weight, don't deprive yourself--it's all about balance to succeed: <http://ow.ly/I3Fg9>

Fresh produce is in abundance right now--keep it flavorful w/these helpful tips (download & print): <http://ow.ly/I3FIw>

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

Learning to Grow--get your kids helping in the garden! Some simple ways to get started w/fun projects: <http://ow.ly/I3H1y>

Bypass the fast food drive-thru--here are some easy ways to eat healthy when you're on-the-go: <http://ow.ly/I3Hz8>

Don't have fresh? No problem, frozen veggies are nutritious & convenient! Try them in this Chicken Florentine: <http://ow.ly/I3JHK>

Use a fork to pierce uncooked veggies (like potatoes) while cooking to keep from bursting--30 more cooking tips: <http://ow.ly/I3Kwo>

Meal Makeovers--45 typical meals get a nutrition makeover (but keep all the flavor!): <http://ow.ly/I3KYU>

Learn how fruits & veggies can play a bigger role in the fight against obesity at home, your school & your community: <http://ow.ly/I3LAL>

If the hot weather impacts your appetite, try a leafy salad topped w/ fresh veggies and/or fruits. It's light & will keep you hydrated.

Start your summer w/some fun like our Beach Ball Game--great for the pool or beach! <http://ow.ly/I3MpY>

It's easy to make half your plate fruits & veggies w/these MyPlate tools, like the MyPlate recipe book: <http://ow.ly/I3MMN>

For Facebook:

The MyPlate guidelines are two years old this month. How frequently do you make half your plate fruits & veggies?

- Every meal
- Most meals
- Some meals
- Few or no meals

Green beans are coming into harvest this month in most areas of the country. Any favorite recipes using green beans?

Many of us are hitting the pool or beach now that summer has officially arrived.

What's your favorite take-along healthy snack?

-Whole fruit

-Dried fruit and nut mix

-Hummus and pita chips

-Cut veggies and string cheese

-Fruit cups/applesauce