

March Social Media Posts

For Twitter:

March is National Nutrition Month! We've got the Top 10 Reasons you should be adding fruits & veggies to your #diet: <http://ow.ly/hELUF>

March is Frozen Food Month--picked at the peak of flavor--frozen fruits/veggies lock in vitamins, making them a convenient meal addition!

(3/11-3/17)

It's Salt Awareness Week! Fruits & veggies are naturally low in sodium & use citrus juice or herbs for seasoning them and other foods.

(3/1)

Peanut Butter Oatmeal is the perfect way to start your morning on National Peanut Butter Lover's Day! <http://ow.ly/hEN4v>

(3/7)

It's National Cereal Day! Boost your cereal's #nutrition by adding dried fruit like raisins or dates, fresh berries or sliced banana.

(3/17)

Happy St. Patrick's Day! Celebrate w/this Corned Beef & Cabbage Soup from our #Healthy Meals Board: <http://ow.ly/hENPz>

(3/25)

Today is National Pecan Day--try adding these protein & fiber-packed nuts to your cereal, salad or baked goods! <http://ow.ly/hEOg6>

(3/26)

It's National Spinach Day! Popeye was no dummy--this leafy green is high in fiber, Vitamins A & C, iron & folate! <http://ow.ly/hEOH4>

Butter lettuce, asparagus & strawberries are items to place in your grocery cart--they're in season now! A full list: <http://ow.ly/hEPaf>

Take the mystery out of preparing artichokes--Your Produce Man makes it easy to enjoy this delicious veggie: <http://ow.ly/hEPzR>

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

Go green w/cabbage! Budget-friendly & a #nutrition powerhouse--here are 4 tasty ways to enjoy this veggie: <http://ow.ly/hEQ4W>

Now is the time to start early spring planting in many parts of the country. Here are some tips to get you started: <http://ow.ly/hEQtA>

No time to cook? Our Seasonal 30 Minutes or Less #recipes help you serve a nutritious meal w/a busy schedule: <http://ow.ly/hEQTd>

Italian Style Broccoli & Pasta is perfect for either #MeatlessMonday or a Friday during Lent! <http://ow.ly/hERed>

When planning your spring celebration, keep fruit/veggies on the menu! Top 10 Ways to Spice Up Your Party w/F/V: <http://ow.ly/hERDK>

Sweet & savory--Pineapple Black Bean Salad features in season fruit & canned beans for a budget friendly dish: <http://ow.ly/hIwa9>

A Rise & Shine Rio Shake is the perfect way to enjoy mangos--in season & at their peak of flavor! <http://ow.ly/hI xv0>

#DidYouKnow the fiddlehead fern got its name because it resembles the curled ornamentation at the end of a violin? <http://ow.ly/hIy6z>

It's asparagus season! Select stalks w/dry, tight tips & avoid those that are wilted. More tips on storing & prep: <http://ow.ly/hIyFn>

Understanding #nutrition labels = making better food choices. Let us explain what all that info really means: <http://ow.ly/hIzbe>

#Healthy eating is affordable--add 1 cup of fruit per day instead of 1 Mocha Latte & save \$3.50 (and some fat/calories!).

Before & After plate comparisons--find your favorite dish & learn how to make it healthier via the #MyPlate way: <http://ow.ly/hIALY>

Pineapples are a popular spring fruit, but is it true the bromelain they contain can minimize joint pain? Find out! <http://ow.ly/hIBKW>

Warmer weather is a good reason to get moving! Some regular activities that count as being physically active: <http://ow.ly/hICe3>

When embarking upon a Spring #diet plan there are 4 key things to keep in mind in order to be successful: <http://ow.ly/hICFC>

Local Farmer's Markets will soon be opening up for the season in your community--find one close to you: <http://ow.ly/hINL2>

This Broccoli Frittata is a tasty way to add veggies to your Easter Brunch: <http://ow.ly/hIOtq>

Freeze 100% juice into ice cube trays for tasty ice pops and add to water for a refreshing flavored water.

Get it on the table fast w/canned beans! Your Produce Man has ideas for salads, hummus & more: <http://ow.ly/hOxb7>

We've got resources to help promote salad bars in your schools & get kids to eat MORE fruits/veggies! <http://ow.ly/hIOOp>

National Nutrition Month is a great time to check out our #MyPlate resources--recipe books, reference books, & more: <http://ow.ly/hIP8s>

For Facebook:

What is your favorite thing about the Spring season?

-Starting my veggie garden

-Spring fruit and veggies in season

-The ability to do more activities outside in the warmer weather

What is your favorite way to enjoy snow peas, one of the season's popular veggies?

Tell us your favorite healthy recipe for Easter or Passover: