

## May Social Media Posts

### For Twitter

It's National Asparagus Month! Try grilling asparagus for a different spin! Your Produce Man has some tips: <http://ow.ly/jQJN2>

Fire up those grills--it's National BBQ Month! Many fruits/veggies are delicious on the grill, follow these steps: <http://ow.ly/jR3MS>

May is Celiac Awareness Month--remember that fruits & veggies are naturally gluten free!

It's Mediterranean Diet Month--find out if new studies show this diet can promote both heart & brain health: <http://ow.ly/jR4Rf>

May is National Salad Month--add dark leafy greens to your salads like spinach or kale for added vitamins & fiber.

It's National Salsa Month--sweet or savory--here are some great recipes to celebrate: <http://ow.ly/jR6De>

May is National Strawberry Month! In a salad, dipped in chocolate or as a smoothie--some tasty ways to enjoy them: <http://ow.ly/jR71y>

(May 6-12)

It's National Herb Week--try adding herbs to your meals like basil, dill or cilantro. They boost the flavor & can reduce the need for salt.

(May 4)

It's National Orange Juice Day! Pour yourself a cup of sunshine this morning & get your dose of Vitamin C--make sure it's 100% pure juice!

(May 5)

Happy Cinco de Mayo! Celebrate w/some guacamole--Your Produce Man has tips to make it fast & easy: <http://ow.ly/jR8zA>

(May 25)

Today is National Brown-Bag-It Day. Here are some Mix & Match ideas for a healthy, but easy lunch to put together: <http://ow.ly/jR98Z>

Visit @MyPlate for sample #healthy meal #recipes making 1/2 your plate fruits & veggies: <http://ow.ly/iZThP>

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

Make sure you're shopping for honeydew, limes & peas--they're at their peak of flavor--more in season produce: <http://ow.ly/jRadR>

Spring celebrations deserve a healthy menu! Asparagus Tapas & other tasty appetizers: <http://ow.ly/jRaTw>

Grilling season has begun & a great dinner entree is Chicken Vegetable Kebabs-- quick & easy enough for a weeknight! <http://ow.ly/jRcdI>

Spinach is in season right now and Spinach Salad w/Apples & Eggs makes an ideal healthy light meal: <http://ow.ly/jRcJo>

Put a smile on their faces with this Strawberry Banana Smoothie--delicious and rich w/healthy ingredients: <http://ow.ly/jRwEh>

Need an idea for a Memorial Day picnic? Try this Avocado Garden Salad--it's filled w/tasty spring veggies! <http://ow.ly/jRz37>

Canned fruit is a convenient & healthy snack for kids' sports practice. Buy fruit that is packed in its own juice to reduce added sugar content.

Making veggie lasagna? Save time by using frozen veggies! Chopped spinach & broccoli is tasty, nutritious & convenient!

Diced canned tomatoes are ready for use & a great addition to chili, soups & pasta sauces. Add olive oil & garlic & make your own Pomodoro!

Dried fruit is great for adding to baked goods, salads or just snacking. Experiment by adding different kinds to your recipes!

Farmers Markets are packed w/spring fruits & veggies right now--find one closest to you! <http://ow.ly/jRvUN>

Colors are in fashion this spring! Here's how to create a rainbow on your plate & increase your nutrition: <http://ow.ly/jRwfm>

Maintaining a #healthy weight doesn't have to be a struggle--here are 7 ways fruits/veggies can help you stay fit: <http://ow.ly/jRxd9>

Aside from a summer of tasty produce, #gardening is also good for stress management--see how: <http://ow.ly/jTDs9>

#DidYouKnow 1/2 cup snow peas provide 70% of your required Vitamin C??! A few ways we like to enjoy them: <http://ow.ly/jTfPv>

The perfect combo of fun & education--we've got a great selection of nutrition games for all ages! <http://ow.ly/jTEwy>

Protect your clothes when grilling w/our cloth apron--pockets hold your grilling tools: <http://ow.ly/jTG61>

For Facebook:

What's your favorite fruit or veggie to cook on the grill:

- Asparagus
- Zucchini
- Pineapple
- Portabella mushrooms

What is your favorite picnic fruit or veggie side dish?

What herb do you use most frequently in your dishes?

- basil
- dill
- oregano
- cilantro
- sage
- rosemary
- thyme