

November Social Media Posts

November is Sweet Potato Awareness Month! Sweet potatoes are good sources of fiber, potassium & vitamins A & C! <http://ow.ly/dYRXt>

It's National Fig Week & Your Produce Man shows you how to select the perfect fig: <http://ow.ly/dYSgD>
(First week)

It's National Sandwich Day! Be sure to add veggies like lettuce, tomatoes, sprouts, peppers & cucumber for crunch & flavor. (11/3)

Today is National Guacamole Day! Avocados are a delicious source of heart #healthy fats!
<http://ow.ly/emPY5> (11/14)

It's National Eat a Cranberry Day & it will be easy to do w/this tasty Cranberry Relish: <http://ow.ly/dYSxO>
(11/23)

Make your holiday gatherings #healthy! 5 ways to add more fruits & veggies to your dishes:
<http://ow.ly/emQM0>

Enjoy your food, but be careful not to overdo--learn about sugar shock & after-eating slump:
<http://ow.ly/emRUz>

Keep the kids happy! 5 #healthy holiday treats your kids will love! <http://ow.ly/emS69>

Save room for dessert! 5 low-fat, low-calorie desserts using fruits & veggies perfect for your holiday table: <http://ow.ly/emSk1>

Fun Fall Festivities--search by zip to find seasonal events for your family in your community:
<http://ow.ly/emSWx>

Change up your plate w/10 fall-inspired menu ideas: <http://ow.ly/emTdr>

Holiday donations--try donating #healthy food options to local food banks! <http://ow.ly/emTul>

Frozen & canned veggies make quick & easy additions to soups & casseroles for hearty, cool weather meals.

Top your oatmeal w/dried fruit like raisins, dried cranberries or apricots for added vitamins, fiber & taste!

Instead of a soda or energy drink, replace it w/a cup of 100% juice. Be sure to read the label to make sure it's 100% juice, no sugar added.

Make sure your grocery cart is filled w/fresh produce in season--it's lower in \$\$ & better tasting:
<http://ow.ly/emVkp>

Chestnuts are popular this time of year & they're very low in fat compared to other nuts! Learn more: <http://ow.ly/emV2t>

#DidYouKnow there's a bounce test for cranberries? Here's how to select the perfect one: <http://ow.ly/emVEZ>

#DidYouKnow there's a difference between a sweet potato & a yam? Your Produce Man solves the mystery: <http://ow.ly/emVY1>

6 easy ways to lighten up some holiday favorites without losing flavor! <http://ow.ly/emX5I>

Featured #healthy plate Hearty Santa Fe Pumpkin Soup will warm you up on a cool day. Recipe, nutrition & plate \$ info: <http://ow.ly/emXZD>

Featured #healthy plate Cheese Pizza Topped w/Salad shows you how to make a frozen pizza dinner #healthy! <http://ow.ly/emYv1>

Featured #healthy plate Celery Stuffed w/Apricot Blue Cheese Spread is a #healthy snack option for watching the games: <http://ow.ly/emYZ9>

Are you prepared for the holidays? Here's what you'll need for a well-stocked pantry: <http://ow.ly/emZbP>

Butternut squash is a seasonal favorite. It's rich in Vitamins A & C & a good source of fiber. Some ways to enjoy it: <http://ow.ly/emZBr>

Hands-on Learning: Kids like to help out--here are some ways to let them get involved in the kitchen: <http://ow.ly/emZQP>

Don't let a hectic schedule keep you from a #healthy meal--here are seasonal 30 Minutes or Less #Recipes to the rescue: <http://ow.ly/en0nv>

Make your plate as colorful as the autumn leaves—more color = more #nutrition! Here's how: <http://ow.ly/en0Dl>