

AUGUST SOCIAL MEDIA POSTS

Holidays/Celebrations

It's National Sandwich Month--remember to add #healthy toppings like greens, onion, tomatoes, sprouts, olives & cucumbers!

What's your favorite sandwich combo? Check out these amazing recipes for National Sandwich Month: <http://ow.ly/hJgQ302AiYI>

@Fruits_Veggies shares ideas to get your mind right for Back to School Month: <http://ow.ly/at22302AjEF>

HEALTHY eating begins at home! Here's 5 tips + ways 2 make your student a POWERFUL breakfast for Back to School Month: <http://ow.ly/zjTwo>

Feeling PEACHY? For Nat'l Peach Month, enjoy the sweetness of this plump fruit in these recipes: <http://ow.ly/Q8R5P>

Time for a lil' PEACH 101! Learn all about the anatomy of a peach for National Peach Month: <http://ow.ly/Pwpu302AoDh>

August is Kids Eat Right Month! Our mom blogger lays out a healthy foundation for your kids: <http://ow.ly/PW8M302AqsI>

#DidYouKnow kiwifruit can be used as a natural meat tenderizer? It's Get Acquainted w/Kiwifruit Month -- learn more: <http://ow.ly/Kmm5302AHfK>

Recipes

#BuildABetterBurger by adding lots of lettuce, tomatoes, onions, sprouts, or other vegetables. Try this: <http://ow.ly/cuWW30Ijadh>

This Grilled Chicken and Avocado Quinoa Pilaf recipe from @Fruits_Veggies is simply irresistible! <http://ow.ly/nHFL302AOIZ>

Enjoy BOWL-loads of flavor when you try a Strawberry Shrimp Zucchini Noodle Bowl: ow.ly/tInK30cSRUa

Dreamin' of a trip to the tropics? This Peach Smoothie will have you feelin' like you're in paradise! <http://ow.ly/FEb1302AU7w>

Enjoy one of the best bites of your life from this Chicken Teriyaki Sandwich --> <http://ow.ly/WfRA302AVQ3>

Kiwifruit-Grape Kebabs from @Fruits_Veggies: <http://ow.ly/95bC302AZ3x>

Cool, refreshing, nutritious, delicious --> Cucumber Blueberry Salad: <http://ow.ly/7gtQ30cSSar>

How about this for a #MeatlessMonday #meal? #Grilled #Avocado and #Chioggia #Beet #Salad!
ow.ly/KoEn30dI4tA

Chef Andrew Dole, RD shares how to properly prep Tofu + Chimichurri Tofu Tacos! ow.ly/whBr30dI5Ow
#TacoTuesday

Stumped on what to make for dinner? Try this Roasted Squash and Eggplant Casserole with Chicken -->
<http://ow.ly/U24I302owLd>

Skip the cakes and cookies and indulge in a Fruit Salad w/Citrus Sauce: <http://ow.ly/OonjX>

General

Boost your energy, curb your hunger, & feel instantly refreshed! EAT YOUR WATER! Learn more:
ow.ly/vc3G30dBEoL

When life gives you lemons...use them instead of salt! Here's why --> ow.ly/vJih30dzJWT

#TipoftheDay: Teach children to read food labels so that they can plan healthy meals.

How can you resist nature's juicy fruit? You can't! We share TEN ways to enjoy WATERMELON!
ow.ly/pu7T30dw5D5

Poor nutrition in infancy can lead to poor nutrition later in life? Find out + ways to get the kiddies to love
FVs: <http://ow.ly/ZdB7302zNy0>

Can the calories from excessive fruit & vegetable consumption hinder weight loss efforts? Find out from
our expert: ow.ly/29aO30dJWma

#TipoftheDay: Eat a diet that's low in saturated fats, trans fats, cholesterol, salt (sodium), and added
sugars.

Let's get PHYSICAL! Learn the importance of physical activity in healthy weight management:
<http://ow.ly/vugg302zS0D> #MotivationMonday

There's plenty of perks for you & your fam for going 'MEATLESS' just ONE day out of the week! Check
em' out: <http://ow.ly/CFmL302zTd2>

The season's best fruits and veggies all in one place! ow.ly/cNyP30dBFqD

Fill your plate with delicious fruits and veggies! Get summer meal ideas from @Fruits_Veggies:
<http://ow.ly/Om863>

Throw away the measuring cups—just follow the #MyPlate guidelines & you'll be sure to get your daily
requirement of fruits & veggies!

Beth Stark, RD shares the best way to skew, flavor, and grill KEBABS! Check out these grilling tips + 3
NEW FLAVORS! ow.ly/tSRJ30di22u

If you're wondering when to harvest an eggplant, @Fruits_Veggies expert has the answer:
<http://ow.ly/J4EE302Agpi>

Check out this recipe for easy grilled artichokes and kick-up your next barbeque or picnic!
<http://ow.ly/7L3o302w7wG>

#DidYouKnow it takes apple trees 4-5 years to produce their first fruit?

FRESH, FROZEN, CANNED, DRIED, & 100% JUICE -- whatever floats your boat! Just remember ALL FORMS of FRUITS & VEGGIES COUNT toward daily goals!

Do your body good! Get the nutrients you need from FRUIT and VEGGIES!

Become more physically active by doing this --> <http://ow.ly/X7cKY>

Road trip! Family fun day should be FUN, yet HEALTHY! @Fruits_Veggies can make your day w/these tips & ideas: <http://ow.ly/Ame0302BqnJ>

End the summer with a bang with entertaining tips, tricks, and recipe ideas from @Fruits_Veggies: <http://ow.ly/ZjRk302BuR5>

#TipoftheDay: Don't forget that applesauce cups are a quick snack and easy to pack in lunches.
#BacktoSchool

Busy schedule? We've got quick meals & more --> <http://ow.ly/Ubx6302BwhM>

Fiber helps u feel full, which can help w/ weight management. Find out which FVs are high in fiber:
<http://ow.ly/zkav5>

In a hurry? Get in & out of the supermarket much faster w/our Top 5 Fruit & Veggie Shopping Tips:
<http://ow.ly/mPo1O>

#DidYouKnow long-term #stress can add inches to your #waistline? Get the facts + ways to manage your stress! ow.ly/3xfk30cOPwi

Kick the candy to the curb! Grill pineapple, peaches or mango. Top w/ a dollop of low-fat ice cream, frozen yogurt or sherbet. Sweet tooth...satisfied!