

OCTOBER SOCIAL MEDIA POSTS

Holidays/Celebrations

An apple a day keeps the doctor away? Put it to the test for National Apple Month w/these #TOPTEN ways to enjoy: <http://ow.ly/oZRyj>

#DYK it takes the energy from 50 leaves to produce 1 apple? Watch these videos to learn more for Nat'l Apple Month: <http://ow.ly/uXFg304CFrj>

The possibilities are ENDLESS when eating TOMATOES! For National Tomato Month, go beyond tomato sauce & enjoy these 10 ways: <http://ow.ly/BP4Ke>

Chef Andrew Dole, RD shares how to deseed peppers & tomatoes: <http://ow.ly/bWL7304CPKd>
#NationalTomatoMonth

Cravin' cranberries? Well it's National Cranberry Month -- check out these cranberry creations from our pals @Fruits_Veggies: <http://ow.ly/zZfV304CRM5>

Fiber + vit A & C + iron + folate -- now we know why Popeye loves Spinach! Learn more for National Spinach Month: <http://ow.ly/Su101>

For National Diabetes Month, prep a meal or workout w/a friend/fam member fighting this disease. Ur support could change/save their life!

It's National Diabetes Month! Fight the disease the healthy way w/ the power of FVs! Start w/some #mealmakeovers: <http://ow.ly/oZQBV>

Think pink! October is #BreastCancerAwareness Month! See which fruits contain cancer fighting nutrients: <http://ow.ly/StZDD>

Recipes

Apples are more than a sweet treat -- enjoy them in a savory dish -- like this Organic Savory Stuffed Apples recipe: <http://ow.ly/DIJe304CEoU>

Prep at night for a quick breakfast in the morning -- Tropical Overnight Oatmeal: <http://ow.ly/8cly301zZbW>

It's #Chili season! Enjoy a nice bowl of 3-Bean Chili w/Chunky Tomato! <http://ow.ly/dMAn304CGr5>

This dish is full of fall goodies --> Roasted Butternut Squash and Spinach Salad: <http://ow.ly/ZOUd304CThT>

This #glutenfree dip makes canned pumpkin the star of the show any time of year! Try Pumpkin White Bean Chipotle Dip: <http://ow.ly/xlkOd>

Can you imagine the smell of Baked Apples w/ Cranberries? Imagine what it tastes like...our mouths are watering just thinking about it: <http://ow.ly/BPeqT>

Shredded Brussels Sprouts and Chunk Apple Sauté w/Pork Tenderloin...doesn't get any better than that! <http://ow.ly/X0NM304EUBN>

You just can't go wrong with a banana! Enjoy this #kidfriendly Banana in a Blanket: <http://ow.ly/z0sug>

Add some spice to your life with this Potato, Black Bean, and Kale Skillet: <http://ow.ly/l30y4>

General

What is the process for freezing #peaches? Our expert has the answer --> ow.ly/ixJH304EsxG

Searching for healthy, inexpensive family meals? Search no more! @Fruits_Veggies has the perfect recipe ideas for you and your fam: <http://ow.ly/XrAS304Eu0T>

Skip the drive-thru! In less than 30, have a #HEALTHYmeal ready in no time with these recipes: <http://ow.ly/zk4V4>

@Fruits_Veggies has a SPOOKTACULAR Halloween menu for the kiddies --> <http://ow.ly/6l0e304EwRp>

#FridayFunny: How do you fix a cracked pumpkin? With a pumpkin patch! LOL! #HealthyHumor

Add canned pumpkin to fruit smoothies, café latte, pasta, mashed potatoes, oatmeal, or yogurt for a nutrition boost!

#DidYouKnow Apples ripen 6-7 times faster at room temperature, than if they are refrigerated?

What are some good foods and beverages for very active children? #AsktheExpert --> <http://ow.ly/61YO301AinX>

Fat free, a good source of fiber & Vitamin A...Pureed Dried Plums make a great fat substitute when baking.

#TipoftheDay Keep frozen veggies like peas, corn & spinach on hand for a quick addition to casseroles & soups.

#TipoftheDay Individual boxes/cups of raisins, apple sauce or fruit cocktail make a great alternative to candy for a #HealthyHalloween!

#HealthyHalloween Party Idea: Try an Apple Dipping Bar! Kids will love this--here's how: <http://ow.ly/dNBH0>

Enjoy the flavors of fall by starting w/ a full list of fall FVs from our pals @Fruits_Veggies: <http://ow.ly/T6RC304ENCp>

Today's #HealthyHumor from @Fruits_Veggies → Why didn't the teacher believe the ghost? Because she could see right through him! Hahaha, get it?

Adding nuts to fall baking adds more than crunch, they're packed w/fiber, protein & heart healthy fats! Learn more: <http://ow.ly/dNGpF>

Which fruits and veggies have the most #protein? Get the answer from our expert --> <http://ow.ly/BPCHs>

What's the shelf-life of frozen tomatoes? Find out from our expert: <http://ow.ly/s1sF304EPOC>

#DYK There are 25,000 varieties of tomatoes such as beefsteak, cherry, & plum? #Watch these videos to learn more --> <http://ow.ly/BPu1B>

Pumpkins are more than a decoration. Check out these NUTRITIOUS recipe ideas --> <http://ow.ly/BPxdI>

#TipoftheDay: Spoiled foods cost you money & deprive you of nutrients. Our FV database has storage tips for each FV: <http://ow.ly/ZtTM8>

#DidYouKnow you can use lime juice in place of salt to season fish, chicken or pork? More info on this tasty fruit <http://ow.ly/j6BBF>

Fall Party Guide! Don't forget the fruits & veggies for your next autumn event, check out 15 #healthy menu items: <http://ow.ly/dNz3Y>

Interesting what a simple green leaf can contain. Kale is a nutrient superstar! See our TOP TEN ways to enjoy: <http://ow.ly/o7Tie>

Trick or treat! Nature's candy is the best #Halloween treat! Here are tips for a healthier holiday: <http://ow.ly/BPvHS>

#Instadelicious! Follow @fruitsandveggiesmorematters on Instagram for photos of vibrant, tasty fruit and veggies! <http://ow.ly/wa8wA>

The whole truth about 100% juice: <http://ow.ly/yCAcL>

Which phytonutrients (antioxidants) promote heart health & which fruits/veggies contain them? Find out! <http://ow.ly/dNHNx>

Healthy cooking with your kids can be fun -- & educational! Check out these tips to get your kiddies in the kitchen: <http://ow.ly/SudzP>

Outdoor activities are great, but @Fruit_Veggies performance nutrition expert, Andrew Dole, RD can make it greater: <http://ow.ly/SugLy>

Get your soups/stews to the table in a flash with frozen veggies! See a BOWL-LOAD of healthy soup recipes here: <http://ow.ly/u6xWN>