

JANUARY SOCIAL MEDIA POSTS

Holidays/Celebrations

It's National #OatmealMonth! Help us celebrate by sharing your favorite oatmeal recipes -- and don't forget the #fruit topping! Maybe some #nutritious #nuts too!

Warm your soul with a big ol' bowl of #oatmeal! Try these delicious recipe ideas from our pals @Fruits_Veggies: <http://ow.ly/h0YB3073uCj> #NationalOatmealMonth

Celebrating National #SoupMonth is easy with #fruits and #veggies! The more, the HEALTHIER! Toss in your faves for color, flavor, & nutrition!

Wanna know why you should cozy up with a bowl of soup? @Fruits_Veggies shares 10 reasons why for National Soup Month--> <http://ow.ly/oxJF3073weC>

What's the scoop on #driedfruit? Find out for National Dried Fruit Month --> <http://ow.ly/Kojj3073z2Q>

Dried fruit = Cereal, oatmeal, salad, yogurt topping, and more! Add these tasty morsels to just about anything! #NationalDriedFruitMonth

For National Carrot Month, crunch your way through these recipe ideas from our pals @Fruit_Veggies: <http://ow.ly/VFQAk>

There's nothing like the perfect crunch! For Nat'l Carrot Month, learn how to select and store here --> <http://ow.ly/FGI1B>

Recipes

Apple Hazelnut Salad in a Cup sounds delicious, right? It is...trust us! <http://ow.ly/uweg3073x19>

With a quick step the night before, breakfast is a snap in the morning! Your fam can enjoy a bowl of Tropical Overnight Oatmeal: <http://ow.ly/Jc9c3073AIO>

Try this Easy #VegetableSoup from our pals @Fruits_Veggies: <http://ow.ly/4Tdk3073Bko>

Greens w/Carrots is a great #sidedish with any meal: <http://ow.ly/eQAK3073C2n>

This #PorkTenderloin recipe from @Fruits_Veggies will have your taste buds dancing for more! <http://ow.ly/AnXj3073Dxf>

#VegetableLasagna for #MeatlessMonday...oh yes! <http://ow.ly/b9Mu3073F37>

General

Be prepared for ANYTHING! @Fruits_Veggies has got you covered with their well-stocked pantry list --> <http://ow.ly/J9SV3073xxt>

Healthy weight. Healthy skin. Eating fruits and veggies helps with weight loss & glowing skin. Learn more: <http://ow.ly/LkEe3073y7F>

Let us help you get on the right path to healthy eating -- @Fruits_Veggies shares a quick guide to getting more FVs: <http://ow.ly/POKT305ynrN>

A Winter Wonderland of FVs! Here's what's in season: <http://ow.ly/UOEnD>

#Nuts are good sources of #protein, #fiber, and also contain several #vitamins and #minerals. Here are TEN ways to enjoy: <http://ow.ly/EyaYy>

Learn the active person's guide to getting enough iron from our pal, Andrew Dole, RD: ow.ly/agb43075ggN

#TipoftheDay: For even cooking, cut veggies into small same-size pieces.

#SideDish #Tip --> Make your mashed potatoes with low-sodium chicken broth, garlic, and herbs in the place of butter and heavy creams.

What are #Glyphosates? Find out from @Fruits_Veggies expert --> <http://ow.ly/Znto3075muj>

#NewYear. Healthier meals. Healthier YOU! Here are ideas to makeover your favorite meals/snacks: <http://ow.ly/HoyD3075oM7>

#TipoftheDay: Try a leftover makeover! Spice up leftovers by adding new #fruits and #vegetables to create something new for the next day!

Reach for frozen fruit to enhance the flavor of #smoothies and #desserts in the winter. Here are a few more ways to enjoy them: <http://ow.ly/rXtNu>

Smoothies are fun, quick, and easy to make! Become a #smoothie expert by following these tips then try these recipes: <http://ow.ly/VlzXG>

Now that we're in cold/flu season, can eating more FVs help reduce your chances of catching the viruses? Find out here: <http://ow.ly/fV9QM>

Start the #NewYear off right buy understanding food labels to make better food choices! @Fruits_Veggies shares how --> <http://ow.ly/klf23075AGM>

Feed a family of 4 with just 10 bucks! Here are 30 healthy dinners to get you started: <http://ow.ly/FZUrb>