PRODUCE FOR® BETTER HEALTH FOUNDATION

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#Haveaplantchat Mindful May Tweet Chat Questions

Hosted by Beau Coffron, Founder of Lunchbox Dad
Sponsored by Sunkist

2:07 – 2:13 ET
Q1: It's Mindful May, which means we're taking extra steps to nourish our bodies w/ nutritious foods (especially #plants!) that support mental + emotional + physical health. What are you doing this month to enjoy ↑ #fruits + #veggies that support your brain + body? #haveaplantchat

2:14 – 2:20 ET
Q2: We're all adjusting to staying home & spending ↑ time in the kitchen. We're finding ourselves grocery shopping a bit differently so we can stock our pantries w/ produce that has a longer shelf life. What are your tips/tricks to make #fruits + #veggies last longer? #haveaplantchat

2:21 – 2:27 pm ET
Q3: During this uncertain time, we're learning how to *virtually* lean on each other to discover unique ways to stay healthy + positive & have fun. What are some unique things you're doing in your quarantine kitchen? How do you pack in the #plants? #haveaplantchat

2:28 – 2:34 pm ET
Q4: With the kiddos at home, it can be tricky creating lunches that keep them happy, healthy + entertained. What are some tips/tricks you recommend when dishing up at-home lunches for the kids? Any go-to #fruit + #veggies you like to include? #haveaplantchat

2:35 – 2:41 ET
Q5: As busy parents, we don't always have time to make our kid's lunches the day of or night before so meal prepping for the week ahead is a great option. What's your tried and true #plant-packed meal prep lunch hack that keep the kiddos happy through the week? #haveaplantchat

2:42 – 2:48 ET
Q6: Kids are fabulous little helpers and getting them involved in the kitchen is a fun way to teach them new skills, especially while we spend more time at home. What are some unique, safe & fun ways you like to get the kiddos in the kitchen as your sidekick? #haveaplantchat