Sample Social Media Posts for National Fruits & Veggies Month 2020 – Have A Plant® Nation!

* It’s National Fruits & Veggies Month! Celebrate this plant-packed month by making sure fruits and veggies – in all of their glorious forms – are at the center of the plate and play a starring role in family meals. #haveaplant #haveaplantpledge #NFVM2020
* How can we lead happier, healthier lives? The answer is quite simple – eat more plants! In honor of National Fruits & Veggies Month, simply add one more fruit or veggie to your daily routine for a month. Whether it’s topping your yogurt with fresh and dried fruit, whipping up a smoothie with frozen veggies and 100% juice, or adding canned veggies to a sauce, there are so many PLANTastic possibilities! How do you enjoy more plants? #haveaplant #haveaplantpledge #NFVM2020
* With the everchanging uncertainty in our world, there is an opportunity to bring inspiration and hope to families across the country through National Fruits & Veggies Month. This year’s theme, Have A Plant® Nation, highlights how fruit and veggie-filled meals can be a catalyst for encouraing greater family connections and celebrating the diverse ways we uniquely enjoy foods across the nation. #haveaplant #haveaplantpledge #NFVM2020
* Let’s come together to enjoy more fruits and veggies at every meal! National Fruits and Veggies Month is the perfect time to enjoy more plants by incorporating all forms, colors and varities of fruits and veggies into the recipes we love and cherish. Whether it’s joy in the sweet-tasting, healthy eating experience of fruit or smart satisfaction from preparing vegetables as part of a meal, eating more plants is a recipe for success. #haveaplant #haveaplantpledge #NFVM2020
* National Fruits and Veggies Month has gone big this year with Have A Plant® Nation! No matter where we live or what we do, we can all enjoy more fruits and veggies – from bushel to freezer to fridge to shelf - for happier, healthier lives. #haveaplant #haveaplantpledge #NFVM2020
* Three cheers for National Fruits & Veggies Month! This is a time to celebrate fruit and veggie diversity and the powerful role plants play in fueling our health and happiness. Celebrate plant passion during this important month – and all year long - by treating yourself to positivity-boosting fruits and veggies! What’s your favorite way to eat more plants? #haveaplant #haveaplantpledge #NFVM2020

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