



**SEPTEMBER IS NATIONAL  
FRUITS & VEGGIES  
MONTH** #HAVEAPLANTPLEDGE  
#HAVEAPLANT #NFVM2021

## Sample Social Media Posts for National Fruits & Veggies Month 2021\*

### General NFVM Posts To Accompany Food Images: Bowls Around The World & Fruits & Veggies In Every Culture

- #DYK it's National Fruits & Veggies Month? Now that's something to celebrate! This year we're going global, in honor of the United Nation's International Year of Fruits and Vegetables! Join us in honoring our passion for #fruits and #veggies and the commitment of the global supply chain to improve Americans' health and happiness in sustainable, waste-reducing ways. So, c'mon! Let's gather around the table and ensure that fruits + veggies are our mealtime and snacking superstars. #haveaplant #NFVM2021 #IYFV2021 #FruitsVegYear
- What better way to celebrate the International Year of Fruits and Vegetables than by celebrating global cuisines? From indulging in #fruits and #veggies in traditional bowls inspired by flavors across the world, to exploring produce unique to different regions, the plant-packed possibilities are endless. Tell us, what is your favorite globally inspired fruit or veggie? #haveaplant #NFVM2021 #IYFV2021 #FruitsVegYear
- It's not always easy to get the people we love to eat their #fruits and #veggies, but we'll let you in on a little secret. Hint, hint: savor the #flavor! National Fruits & Veggies Month is a perfect time to experiment with new globally inspired spices, glazes and seasonings that will elevate your cooking game. Whether it's drizzling balsamic glaze on caprese bites or adding dragon fruit to a smoothie, the options are endless! #haveaplant #NFVM2021
- As Americans, we're so fortunate to have access to an impressive selection of #fruits and #veggies at our local farmers markets and retailers. This National Fruits & Veggies Month, get inspired by exploring global cuisines, learning about the unique fruits and veggies used in both traditional and non-traditional recipes, and how you can use them in your own kitchen. What's one new fruit or veggie you've discovered during travels, locally or around the world? #haveaplant #NFVM2021
- We have a lot to celebrate during National Fruits & Veggies Month – the #fruits + #veggies that we love, and the farmers and growers across the globe who bring our food from farm

to table. This year, we're embracing plant-forward global cuisines so that everyone is singing the #haveaplant tune. Cheers to fruits and veggies for happier, healthier lives! #NFVM2021

### **Posts About Sustainability: Root To Leaf: Cooking With The Whole Plant**

- We're always ISO creative ways we can show the Earth some love and reduce our environmental impact, and National Fruits & Veggies Month is no exception! This year, we're making a dual effort to focus on eating more #fruits and #veggies as part of a balanced diet AND directing our attention to reducing loss and waste of these highly perishable produce items. So go ahead, get your home cook on by experimenting with simple hacks to reduce #foodwaste – like sautéing broccoli stems for a stir fry or using veggie scraps + corncobs to create a flavorful broth. #haveaplant #NFVM2021

### **Posts About Agriculture: In The Ground, On A Vine, In A Tree**

- In honor of National Fruits & Veggies Month, we're learning more about where produce comes from and how it's used in different cultures, all while keeping it EASY. From traveling to the Mediterranean and enjoying a spread of cucumbers, tomatoes, olives and hummus, to exploring the flavors of the American South and savoring creamy mashed potatoes, there are so many ways to enjoy more plants! Share your go-to's below. #haveaplant #NFVM2021

### **Sing It With Me! Posts To Engage Your Followers With Funny Song Puns**

- During National Fruits & Veggies Month, discover foods that makes you feel your BEST! Fruits + veggies are mood-boosting powerhouses that not only support your #health, but your #happiness, too! So next time you reach for a snack or meal, think about how you feel and then join us in singing it from the rooftops! After all, eating #fruits and #veggies should be as easy as recalling your favorite songs. What fruit or veggie has you feelin' that vibe? #haveaplant #NFVM2021

*\*Sample social media posts are intended for Instagram and Facebook, but can be shortened for posting on Twitter given the limited character count.*