

**Sample Social Media Posts for National Fruits & Veggies Month 2022\***

**General NFVM Posts:**

* Pop the champagne 🍾 It’s National Fruits & Veggies Month – let’s get our party on!!! There are unlimited ways we can add #fruits & #veggies to our favorite comfort foods, sheet pan dinners, satisfying snacks and more. How will YOU add in one more #plant today? #haveaplant #NFVM2022
* Celebrating National Fruits & Veggies Month looks a bit different for everyone, and that’s a-ok! Whether you’re pairing jicama with a snackable dip, visiting an apple orchard 🍎 or learning more about a local #veggie grower, it’s important to connect with and love the produce you put on your plate. How are YOU celebrating #haveaplant #NFVM2022
* Keep #fruits & #veggies top of mind and #haveaplant every time you eat! Tap into all occasions – shopping, dining out, toasting, biking, playing – and make enjoying #plants fun! Share how you #haveaplant every time in the comments below 💚 #NFVM2022

**Make it Easy:**

* #DYK that everything we do is based on habits?! Here’s one way to hack your routine to get 👏 more 👏 fruits & veggies 👏 in!

🛒Head to the grocery store & stock up on your staples.

🍴 Do a \*tiny\* bit of prep. Once home, cut up any fruits & veggies, make some smoothie kits to keep in the freezer, organize canned produce in your pantry, etc.

🤩 Enjoy the smart satisfaction & sweet reward! You’ll be more likely to munch on fruits & veggies throughout the week since most of the prep work is done!

#haveaplant #NFVM2022

**Back to Basics:**

* Let’s get back to basics & celebrate the art of family meals. 🍽 Everyone’s family here! By enjoying #meals together, you’re creating happier, healthier lives with #fruits & #veggies! After all, people eat more healthfully when they eat together & there are positive behaviors associated with enjoying meals with our loved ones. 💚 #haveaplant #NFVM2022 #familymealsmovement

**Fruit & Veggie Hacks:**

* Looking for ways to keep your #produce fresh longer, save time ⏰ while cooking meals, or finally master your kitchen organization?! We’ve got you covered! Learn all the best tips & tricks here: <https://bit.ly/3zWOs9e> Share your favorite #fruit or #veggie hack in the comments below! 👇 #haveaplant #NFVM2022

**Fruit & Veggie Care:**

* Fruit & veggie care is #selfcare. There’s a sense of pride associated with caring for #fruits & #veggies – just like the care that went into growing them. Farmers & growers are incredible stewards of the land and keep sound #agriculture practices top of mind. Show some 💚 to those who cultivate and create the #produce on our plate 🍽 by purchasing fruits & veggies in all forms, whether fresh, frozen, canned, dried or 100% juice. #haveaplant #NFVM2022

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