



Social Media Posts

Facebook

(**Note:** Please use the “@” before Cans Get You Cooking to tag us on Facebook).

DID YOU KNOW? Fruits and vegetables are harvested at their peak of ripeness and canned within hours, making the can one of the best ways to lock in nutrients and get food from its source to your family table. For more great canned food facts and recipes, visit @CansGetYouCooking!

Salad Add-On Tip from @CansGetYouCooking: Add canned chickpeas to your salad. Just a few tablespoons equal one portion of the daily-recommended five portions of fruit and vegetables. Nutritious, homemade meals don't get much easier than that!

Canned Food for Thought from @CansGetYouCooking: Like the home canning process, canning seals in food's nutrition, freshness and flavor making healthy, homemade meals a reality more often.

DID YOU KNOW? According to a University of California, Davis Study, many canned fruits and vegetables are on par nutritionally with fresh and frozen varieties, and in some cases even better! Learn more helpful can-facts at @CansGetYouCooking.

Tonight's dinner is a no-brainer thanks to your Cantry. Tacos, featuring canned chicken or tuna make a quick and satisfying meal. Make it a family affair with a taco bar! A well-stocked Cantry helps you get through the week with creative meals you can feel great about serving. Head on over to @CansGetYouCooking to help get you inspired this #TacoTuesday

Twitter

#FunFact: Canned fruit packed in fruit juice has the same amount of natural sugars as it's fresh counterpart #CansGetYouCooking

Cans are a sustainable container delivering fresh produce at the peak of ripeness! Learn more here <http://bit.ly/1uq82hh> #CansGetYouCooking

When shopping for groceries, don't forget the canned food aisle. Waste less and save more with nutritious canned foods! #CansGetYouCooking

There are more than 1,500 varieties of food packaged in cans! How many do you think you've tried in the last year? #CansGetYouCooking

Canned food portion sizes are just right for individuals & families. Most recipes are designed around these sizes #CansGetYouCooking

Never wonder again if your favorite fruit is in season. There's a can for that #CansGetYouCooking

How has using canned foods made your meal planning easier? Share your tips & tricks #CansGetYouCooking

#DYK: Can recycling saves enough energy to power about 18 million households per year. Now that's can-tastic! #CansGetYouCooking

#Fact: 98% of Americans have at least one canned food item, but the average is 24! How many do you have in your Cantry? #CansGetYouCooking

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