

# SOCIAL MEDIA POSTS



Multi-channel engagement is essential to reach today's busy and easily distracted shoppers. Use the social

and be a holiday hero with these tips. <https://bit.ly/3naCgdb>

Wondering what vegetables are in season? Check this list <https://bit.ly/3jnP2nD> for colorful additions to your heart-healthy holiday meal planning. #HeartCheckMark

Grandma's recipe may call for butter but substituting with a heart-healthy oil is one way to cut back

