## **SOCIAL MEDIA POSTS**



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

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: U{ acr `A]N rUVo rV`N cS {NAn LN^VJVcso # UNA^rU{ Nr {csn  $\pm$  NAnr UN and be a holiday hero with these tips. https://bit.ly/3naCgdb

Wondering what vegetables are in season? Check this list <a href="https://bit.ly/3jnP2nD">https://bit.ly/3jnP2nD</a> 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
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