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Description automatically generatedSuggested Social Media Content for 2022 March Frozen Food Month:**

**Follow** [**EasyHomeMeals.com**](https://www.easyhomemeals.com/recipes/cheesy-pumpkin-ravioli/) **on social media:**

* [Facebook](https://www.facebook.com/EasyHomeMeals)
* [Instagram](https://www.instagram.com/_easyhomemeals/)
* [TikTok](https://www.tiktok.com/@easyhomemeals)
* [Pinterest](http://pinterest.com/easyhomemeals/)
* [Twitter](https://twitter.com/EasyHomeMeals)
* [YouTube](http://www.youtube.com/easyhomemeals)

**Hashtags to use during the March Frozen Food Month promotion:**

* #FrozenFoodMonth
* #RealFoodFrozen
* #frozenfood
* #frozenfoods

**$10,000 Sweepstake Posts:**

* [Logo, company name

  Description automatically generated](https://nfraweb.org/wp-content/uploads/2018/10/EHM_10000_sweepstakes_cropped.png)It’s March Frozen Food Month! Enter the $10,000 Sweepstakes from @EasyHomeMeals for a chance to win one of eighteen $500 supermarket gift cards or grand prize $1,000 supermarket gift card. <http://bit.ly/2RjlgTg>
* Win big with the March Frozen Food Month $10,000 Sweepstakes from @Easy Home Meals! Enter today: <http://bit.ly/2RjlgTg>
* What would you buy if you won a supermarket gift card? Enter the $10,000 Sweepstakes from @EasyHomeMeals for a chance to win! <http://bit.ly/2RjlgTg>
* Time is running out, enter to win the March Frozen Food Month $10,000 Sweepstakes from @Easy Home Meals! <http://bit.ly/2RjlgTg>

**Coupon Giveaway Posts:**

* [Text, logo, company name

  Description automatically generated](https://nfraweb.org/wp-content/uploads/2019/01/2019-MFFM-Coupon-Giveaway-Logo22.png)Happy Frozen Food Month! Enter the March Frozen Food Coupon Giveaway from @EasyHomeMeals for a chance to win frozen food coupons: <http://bit.ly/2RjlgTg>
* From now until March 31, enter the March Frozen Food Month Coupon Giveaway from @EasyHomeMeals for a chance to win frozen food coupons! <http://bit.ly/2RjlgTg>
* In celebration of March Frozen Food Month, @EasyHomeMeals is giving away frozen food coupons! Enter for your chance to win today: <http://bit.ly/2RjlgTg>
* Time is running out, enter the March Frozen Food Month Coupon Giveaway from @EasyHomeMeals today: <http://bit.ly/2RjlgTg>

**Video Posts:**

* Air fryers are all the rage. Check out these “5 Best Air Fryer Foods” in this quick video from @EasyHomeMeals. <https://bit.ly/34FvTJ6>
* How do I love thee frozen vegetables? Let me count the ways! Watch our “6 Reasons to Love Frozen Veggies” video from @EasyHomeMeals. <https://bit.ly/34jGU3g>
* Freezer burn is the worst! Check out these 5 expert tips for preventing freezer burned ice cream in this video from @EasyHomeMeals. <https://bit.ly/3gwGitj>
* There’s no mystery—preserving food at the peak of freshness locks in key nutrients. Get a behind-the-scenes look at the frozen food journey from @EasyHomeMeals. <http://bit.ly/WtfFqJ>
* Use frozen meatballs to make these out of this world Korean Sweet & Spicy Glazed Meatballs from @EasyHomeMeals! <https://bit.ly/3rMRHMl>

**Recipe Posts:**

* Did you know March is Frozen Food Month and Nutrition Month? This Lean & Green Smoothie from @EasyHomeMeals uses frozen spinach, pineapple chunks and mango chunks – so no chopping required! <https://bit.ly/2KRIsI5>
* When you’re stuck on what to make for dinner, look for inspiration from the frozen food aisle. This recipe for Creamy Chicken & Ravioli Skillet from @EasyHomeMeals uses frozen chicken, ravioli and peas, and pairs with frozen garlic breast sticks. <https://bit.ly/3lg8Pp0>
* Nothing can stack up against this scrumptious Peach Melba Pancake Stack from @EasyHomeMeals – starring frozen pancakes, raspberries and peaches. <https://bit.ly/3sM2vYQ>
* This Guilt-Free Buffalo Chicken Pizza from @EasyHomeMeals is made simple using a frozen cauliflower pizza crust and diced chicken. <https://bit.ly/32W7qP9>

If you like waffles and ice cream, then you’ll absolutely love this Waffle Cheesecake Supreme from @EasyHomeMeals. <http://bit.ly/2Tsjb5Z>

[Timeline

Description automatically generated](https://nfraweb.org/wp-content/uploads/2022/02/Frozen-Food-Storage-Tips-Infographic-png.png)**Tips Posts:**

* Did you know that a jam-packed freezer isn’t a good idea? There needs to be room for proper air circulation. Find out more frozen food storage tips here: <https://bit.ly/3uCu0YI>
* Always keep your freezer at 0 degrees Fahrenheit or below. Check out more frozen food storage tips here: <https://bit.ly/3uCu0YI>
* Frozen fruits and vegetables are always in season – they’re picked at the peak of ripeness and flash frozen, locking in nutrition! Find out more: <https://bit.ly/3LkdqCX>
* With frozen fruits and veggies, the washing, peeling, slicing and dicing is already done for you. It goes from your freezer to your table in minutes! Learn more: <https://bit.ly/3LkdqCX>