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Description automatically generated**Logo

Description automatically generatedMarch Frozen Food Month Social Posts   
You Can Use with Your Audiences**

**$10,000 Sweepstakes 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 a 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>

**Video Posts:**

* Embrace the frozen food revolution this March! Let these Air Fryer Tips and Tricks from @EasyHomeMeals guide you through a culinary journey where time meets taste, making Frozen Food Month a flavor-packed adventure. <https://bit.ly/3rqY7mU>
* Discover the magic of frozen vegetables in "6 Reasons to Love Frozen Veggies" video from @EasyHomeMeals. <https://bit.ly/34jGU3g>
* Say goodbye to the dreaded freezer burn! Dive into this video from @EasyHomeMeals and discover 5 expert tips to ensure your ice cream stays perfectly preserved. <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>
* **A bowl of rice and vegetables

  Description automatically generated**March Frozen Food Month just got better with @EasyHomeMeals exclusive Weeknight Sampler – a delightful blend of convenience and flavor, bringing the best of the frozen aisle to your table. <https://bit.ly/3l2EbUa>

**Recipe Posts:**

* Make the most of March Frozen Food Month with @EasyHomeMeals Vegetable and Chickpea Coconut Curry. Effortlessly crafted with frozen spinach and frozen stir-fry veggies, it's a celebration of delicious convenience on your plate. <https://bit.ly/3Qz4Pzu>
* Dive into the convenience of March Frozen Food Month with Sheet-Pan Salmon by @EasyHomeMeals. Thaw, bake, and savor the delightful combination of tender salmon, aromatic dill, and a zesty lemony kick. <https://bit.ly/3R1FRuh>
* March Frozen Food Month calls for hassle-free meals! Try Frozen Cauliflower Florets with Romesco Sauce from @EasyHomeMeals – a simple sauté, a flavorful blend, and you've got an easy and delicious dish. <https://bit.ly/46ezmsh>
* Spice up March Frozen Food Month with @EasyHomeMeals mouthwatering Potsticker and Spinach Breakfast Strata! Frozen Chicken and Vegetable Potstickers take center stage in this cheesy, bacon-infused delight. <https://bit.ly/3Seio9K>

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Description automatically generated**Tips Posts:**

* Discover the joy of hassle-free meal planning with a well-stocked fridge and freezer, revolutionizing the way you approach breakfast, lunch, dinner, and snacks. Learn more: <https://bit.ly/3tR5168>
* [Timeline

  Description automatically generated](https://nfraweb.org/wp-content/uploads/2022/02/Frozen-Food-Storage-Tips-Infographic-png.png)Rethink your approach to cooking at home with the convenience of frozen foods, turning every meal into a culinary delight with minimal effort and maximum satisfaction. Find meal planning essentials here: <https://bit.ly/41WgmOO>
* Make every meal convenient and wholesome with frozen options. Whether it's calcium-packed dairy or whole-grain goodness, find it in the freezer aisles. Learn how frozen foods fit into a healthy lifestyle: <https://bit.ly/3SdWljj>
* Short on time or energy? Embrace the convenience of frozen foods for quick home meals—no washing, peeling, or chopping required. Discover simple hacks for easy meals at home: <https://bit.ly/3TVvDxq>

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* [Twitter](https://twitter.com/EasyHomeMeals)
* [YouTube](http://www.youtube.com/easyhomemeals)

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

* #FrozenFoodMonth
* #RealFoodFrozen