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**Suggested Social Media Content During March Frozen Food Month:**

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**Follow Easy Home Meals:**

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

**Hashtags to use during the MFFM promotion:**

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

**Social media posts you can use on Facebook and Twitter:**

***Facebook***

* [Beginning 2/24] Happy 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>
* Don’t be left out in the cold—enter to win the March Frozen Food Month $10,000 Sweepstakes from @Easy Home Meals. <http://bit.ly/2RjlgTg>
* Frozen food dreams can come true with the March Frozen Food Month $10,000 Sweepstakes from @Easy Home Meals. Enter today for a chance to win a supermarket gift card! <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>
* Did you know March is National Frozen Food Month? It’s the perfect time to “Savor the Taste of Real Food…Just Frozen!”
* Looking for March Frozen Food Month inspiration? Look no further than @EasyHomeMeals! <http://bit.ly/2Lkfg9l>
* Frozen food is real food…just frozen! Learn how frozen produce goes from the farm to table: <http://bit.ly/2NR43hV>.
* Did you know an average family wastes up to $2,200 per year on uneaten food? Fortunately, frozen foods can help reduce food waste! Learn more from @EasyHomeMeals: <http://bit.ly/2Ehmx7Q>.
* Food waste in the U.S. is out of control. Be a part of the solution by purchasing more frozen foods. Learn more from @EasyHomeMeals: <http://bit.ly/2Ehmx7Q>.
* 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: <http://bit.ly/WtfFqJ>.
* With frozen foods, you don't pay for waste such as the pits of fruits, the shells, peels and outer leaves of vegetables, bones in fish or the fat on the meat.
* Frozen produce is economical—you don’t pay for stalks, pits, skins, rinds or damaged food.
* Frozen fruits and vegetables are truly convenient—all the washing, peeling, slicing, chopping and dicing is already done for you!
* Make the frozen food department your last stop in the grocery store and only buy ice-free, undamaged packages.
* When checking out at the supermarket, pack all frozen groceries together in reusable cooler bags to help maintain their cold temperature.
* When stocking your freezer, put a purchase date on all frozen food products then rotate foods, putting newly purchased items in the back of the freezer. Use products on a "first in, first out" basis.
* Keep your freezer clean to prevent transfer of off-tastes and odors. Check out other frozen food storage tips from @EasyHomeMeals: <http://bit.ly/2nJw4dm>.
* Do not refreeze thawed frozen foods for safety and quality reasons. Check out other frozen food storage tips from @EasyHomeMeals: <http://bit.ly/2nJw4dm>.
* Did you know you should always keep your freezer at 0 degrees F? Check out other frozen food storage tips from @EasyHomeMeals: <http://bit.ly/2nJw4dm>.
* Frozen food often gets a bad rap. @EasyHomeMeals has debunked these myths around frozen food: <http://bit.ly/2Rj7jF5>.
* [Beginning 3/2] From now until March 30, enter the March Frozen Food Month Coupon Giveaway from @EasyHomeMeals for a chance to win coupons for frozen food! <http://bit.ly/2RjlgTg>
* 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>
* 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>

***Twitter***

* [Beginning 2/24] #Win big—enter the March #FrozenFoodMonth $10,000 #Sweepstakes from @EasyHomeMeals! <http://bit.ly/2RjlgTg> #sweeps #giftcard #giftcards #entertowin
* Happy March #FrozenFoodMonth! Enter the $10,000 #Sweepstakes from @EasyHomeMeals for a chance to win one of eighteen $500 supermarket #giftcards or grand prize $1,000 supermarket #giftcard. <http://bit.ly/2RjlgTg> #sweeps #entertowin
* Enter the #FrozenFoodMonth $10,000 #Sweepstakes from @EasyHomeMeals for your chance to #win! <http://bit.ly/2RjlgTg> #sweeps #giftcard #giftcards #entertowin
* Time is running out—#entertowin the #FrozenFoodMonth $10,000 #Sweepstakes from @EasyHomeMeals today! <http://bit.ly/2RjlgTg> #sweeps #giftcard #giftcards
* Celebrate #FrozenFoodMonth & take a fresh look at the infinite possibilities in the #frozenfood aisle!
* It’s #FrozenFoodMonth—the perfect time to “Savor the taste of Real Food…Just Frozen!” #frozenfood #realfoodfrozen
* Looking for #FrozenFoodMonth inspiration? Look no further than @EasyHomeMeals! <http://bit.ly/2Lkfg9l>
* #Frozenfood is real food…just frozen! Learn how frozen produce goes from the farm to table: <http://bit.ly/2NR43hV>. #infographic #FrozenFoodMonth #realfoodfrozen #frozenfoods
* Watch how preserving food at its peak of freshness locks in key nutrients in your #frozenfoods! <http://bit.ly/WtfFqJ> #video #FrozenFoodMonth
* Make the #frozenfood department your last stop in the supermarket and only buy ice-free, undamaged packages. #FrozenFoodMonth #tip
* When checking out at the grocery store pack all #frozenfood together to help maintain their cold temperature in reusable cooler bags. #FrozenFoodMonth #tip
* Put a purchase date on all #frozenfoods & rotate, putting newly purchased items in the back of the #freezer. Use products on a 1st in-1st out basis. #FrozenFoodMonth #tip
* Frozen fruit & veggies are great time savers—all the cleaning, peeling, chopping, slicing and dicing are already done! #FrozenFoodMonth #frozenfood
* Always keep your #freezer at 0 degrees F. <http://bit.ly/2nJw4dm> #FrozenFoodMonth #tip #frozenfood
* A full #freezer is a happy freezer—don’t forget to keep enough space so air can circulate around the #frozenfood. <http://bit.ly/2nJw4dm> #frozenfood #FrozenFoodMonth
* #Frozenfoods often get a bad rap. @EasyHomeMeals is setting the record straight with these #frozenfood myths and facts: <http://bit.ly/2Rj7jF5>. #infographic #realfoodfrozen #FrozenFoodMonth
* [Beginning 3/2] Happy #FrozenFoodMonth! Enter the March Frozen Food Month #Coupon #Giveaway from @EasyHomeMeals for a chance to #win #FREE #frozenfood #coupons: <http://bit.ly/2RjlgTg> #coupongiveaway
* From now until March 30, enter the #FrozenFoodMonth #CouponGiveaway from @EasyHomeMeals: <http://bit.ly/2RjlgTg> #giveaway #coupon #coupons #giveawayalert #entertowin
* In celebration of #FrozenFoodMonth, @EasyHomeMeals is giving away #coupons! Enter for your chance to #win today: <http://bit.ly/2RjlgTg> #giiveaway #CouponGiveaway #giveawayalert #entertowin
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