



January 9, 2014

Dear Health Professional:

We thank you for all that you do to help support healthy eating! We wanted to highlight some of our available free resources from 2013 in case you missed it:

Social Media: Use these links or share them with your social media team as a resource for fruit/vegetable information:

- [More Matters on Facebook](#)
- [More Matters on Twitter](#) (Twitter party 4 pm ET, 1st Wed of each month)
- [More Matters on Pinterest](#)
- [More Matters on Instagram](#)
- Consumer e-newsletter & other [e-sign-ups](#)
- Visit our consumer website, [FruitsAndVeggiesMoreMatters.org](#), which has new features, including a recipe box and a new look!
- Consumer articles about fruit/veggie news or 'rumors': [About the Buzz](#)
- Share posts/tweets with your followers as created or tweak them to suit your needs with our [Social Media Archive](#).

New Resources:

- View our [All Forms Tool Kit](#) and new [All Forms Activity Book](#)
- We continue to add more food photos to show MyPlate with 'half your plate' with fruit and veggies, including [Before & After](#) plates, and [Information Sheets](#).

Webinars: If you missed any of our webinars for health professionals, be sure to view them [here](#). All are approved for 1 hour of CPEU through the Commission on Dietetic Registration:

- Building a Better Breakfast with High-Quality Protein and Produce
- Grapes and Cardiovascular Health
- Pesticide Residue: What to Communicate to Consumers
- California Raisins: Small Fruit, Mighty Nutrition
- Potatoes: A World of Uses Webinar
- Ask a Farmer: A Food Dialogues Webinar

Magazine: Our magazine for health professionals, [Fruit & Veggie Connection](#), helps summarize relevant and important information related to fruit/vegetables. You can sign up to receive the magazine and information about upcoming webinars [here](#).

Consumer Research: You might also find our [annual research](#) helpful in understanding fruit and veggie consumers

Wishing you a happy, healthy 2014!

Produce for Better Health Foundation
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