



SHARE *ON* SOCIAL

Give our best tips, recipes and more to your customers. Here are some posts and graphics that are available to download at [MyAvoNutrition.com](https://www.ftc.gov/tips-advice/business-center/guidance/disclosures-101-social-media-influencers). To learn more about your responsibility as a health professional in using disclosures on social media, please visit the Federal Trade Commission website: <https://www.ftc.gov/tips-advice/business-center/guidance/disclosures-101-social-media-influencers>.

INSTRUCTIONS FOR SOCIAL POSTS

DOWNLOAD: Get social media assets for this RD Kit by visiting [MyAvoNutrition.com](https://www.myanutrition.com).

TAG US: Include the appropriate AFM social media handle (@AvocadosFromMexico or @AvosFromMexico, and @NatureSweet or @nstomatoes) when posting so that we can follow your retailer (don't forget to @tag yourretailer) and possibly repost to our millions of followers too!

#HASHTAGS: If you're a credentialed health and nutrition professional, disclosing that information can help consumers identify your qualifications: #Dietitian #RDN or #Nutritionist

SOCIAL MEDIA POSTS

POST 1



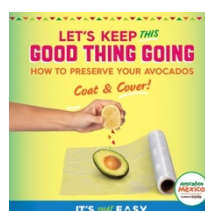
CAPTION: You don't have to be an avocado whisperer to make a good call. It's all about the color and feel.

POST 2



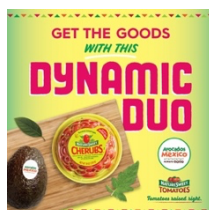
CAPTION: You ready? Good, because Avocados From Mexico always are – especially with NatureSweet® tomatoes. #AvosFromMexico #NatureSweet

POST 3



CAPTION: Some good things are meant to last – like avocados. Cover it with lemon juice and plastic wrap and refrigerate. #AvocadoHacks

POST 4



CAPTION: Looks good because it is. That's the plant power house of fresh avocados and tomatoes.

POST 5



CAPTION: The sweet speaks for itself. Tomatoes, like avocados, were raised right. They're SO right and SO good. NatureSweet® tomatoes bring delicious flavor solo or served with the freshest food friends.

POST 6



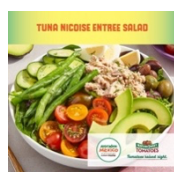
CAPTION: Layers of flavor and goodness abound when you add the freshest ingredients to Avocados From Mexico and NatureSweet® tomatoes.

POST 7



CAPTION: Easy does it! Sticking to fresh ingredients is simple. And GOOD. In just a few quick steps, you're serving up quality deliciousness.

POST 8



CAPTION: There are plenty of fish in the sea, but only a few good ingredients that can bring the freshest finishing touch on a crowd favorite.

POST 9



CAPTION: Put your salads in the fun and fresh lane with a simple spin on goodness. Avocados and tomatoes are perfect for show stopping salads.

FOLLOW & TAG US!

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@NatureSweet

t @AvosFromMexico
@NSTomatoes

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