

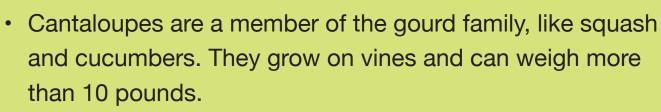
# Hey kids, become a FOOD EXPLORER and check this out!

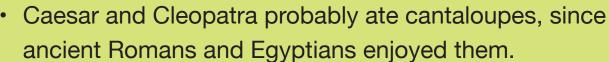
# Cantaloupe

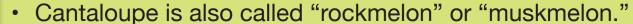


### Did you know...?











## **DELICIOUS AND NUTRITIOUS**

One cup of cantaloupe has all the vitamin A and vitamin C you need in a day. Both vitamins help build strong bones and helps our bodies heal cuts and scrapes.

#### **SUPER SNACK IDEAS**

- Cantaloupe chunks make perfect kabobs! String pieces on a straw or Popsicle stick together with other favorite fruits like strawberries, grapes, watermelon, or pineapple.
- Fill a cantaloupe wedge with sherbet or frozen yogurt for a cold, refreshing treat!

#### **MELON HUMOR**

Why do melons get married in church?

Because they can't elope.