



Become a FOOD EXPLORER and check out this Month's Discovery...

Cantaloupe









- Cantaloupes are a member of the gourd family, like squash and cucumbers. They grow on vines and can weigh more than ten pounds.
- Caesar and Cleopatra probably ate cantaloupes, since ancient Romans and Egyptians enjoyed them.
- · Cantaloupe is also called "rockmelon" or "muskmelon."

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 protect us from illness.

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?
They Cant-Elope.



Nutrition Education Program

For healthy recipes and low-cost tips visit our blog, https://healthyfoodsinasnap.wordpress.com.

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