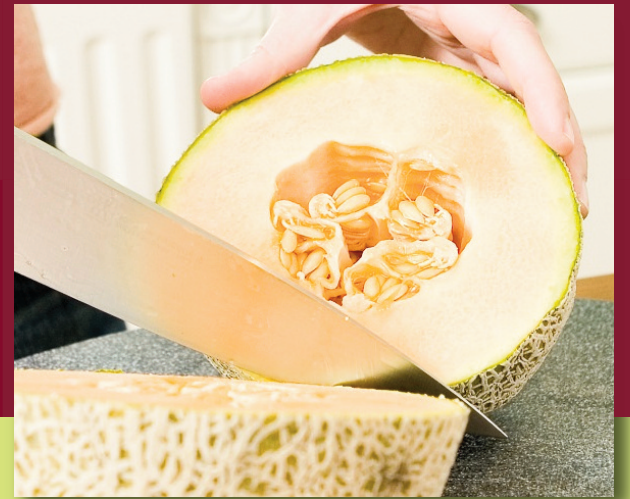




Become a **FOOD EXPLORER** and check out this **Month's Discovery...**

Cantaloupe



Did you know...?

- 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.