




# PACK A HEALTHY LUNCH WITH WATERMELON & LOVE!

Cut out these watermelon-inspired lunchbox notes, add a message, and tuck into your child's healthy lunchbox as a fun surprise.

YOU CAN EAT **100%** OF A WATERMELON!

EVEN THE SEEDS AND RIND!



[watermelon.org](http://watermelon.org)

YOU'RE **1** IN A MELON!

THE WORLD'S HEAVIEST KNOWN WATERMELON WAS 350 LBS.!



[watermelon.org](http://watermelon.org)

THE FIRST WATERMELON HARVEST WAS 5,000 YEARS AGO IN EGYPT!



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**WATER!** YOU CAN'T SPELL WATERMELON WITHOUT IT!

WATERMELON IS 92% WATER!



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WATERMELON IS A FRUIT AND A VEGGIE.

SO EAT UP!



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WHEN DO YOU GO AT RED AND STOP AT GREEN?

WHEN YOU'RE EATING A SLICE OF **WATERMELON!**




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WHY DO WATERMELONS HAVE BIG, FANCY WEDDINGS?

BECAUSE THEY CANTALOUPE!


WATERMELON & CANTALOUPE BELONG TO THE SAME FAMILY - CUCURBITASCEAE.



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YOU'RE SO SWEET!

WATERMELON'S A JUICY, SWEET TREAT WITH VITAMINS A, B6 & C.



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