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!

- **YOU’RE 1 IN A MELON!**
  - The world’s heaviest known watermelon was 350 lbs!

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

- **WATER!**
  - You can't spell watermelon without it!
  - Watermelon is 92% water!

- **WATERMELON IS A FRUIT AND A VEGGIE.**
  - So eat up!

- **WHEN DO YOU GO AT RED AND STOP AT GREEN?**
  - When you’re eating a slice of watermelon!

- **WHY DO WATERMELONS HAVE BIG, FANCY WEDDINGS?**
  - Because they cantaloupe!
  - Watermelon & cantaloupe belong to the same family - cucurbitasceae.

- **YOU’RE SO SWEET!**
  - Watermelon's a juicy, sweet treat with vitamins A, B6 & C.