



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!



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YOU'RE
1
IN A MELON!

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



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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 - CUCURBITACEAE.



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YOU ARE EXCELLENT!
WATERMELON IS
AN EXCELLENT SOURCE
OF VITAMIN C.



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