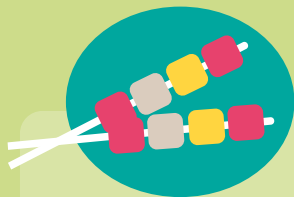


# WATERMELON SNACK HACKS

If you want to snack healthy,  
you need to plan wisely.

Snacks = 25% of our daily calories.  
Make them count with nutritious and  
delicious ingredients.



## DIY Bites

Skewer watermelon, turkey, and cheese cubes for a delicious kebob.



## Ready-to-go

For breakfast on-the-go, blend watermelon, yogurt, and whole, fresh fruit.



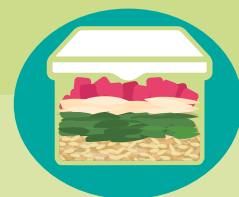
## Portion Prep

Turn watermelon into slices, sticks, cubes, and balls. Place in containers or baggies for perfect portions when you need them!



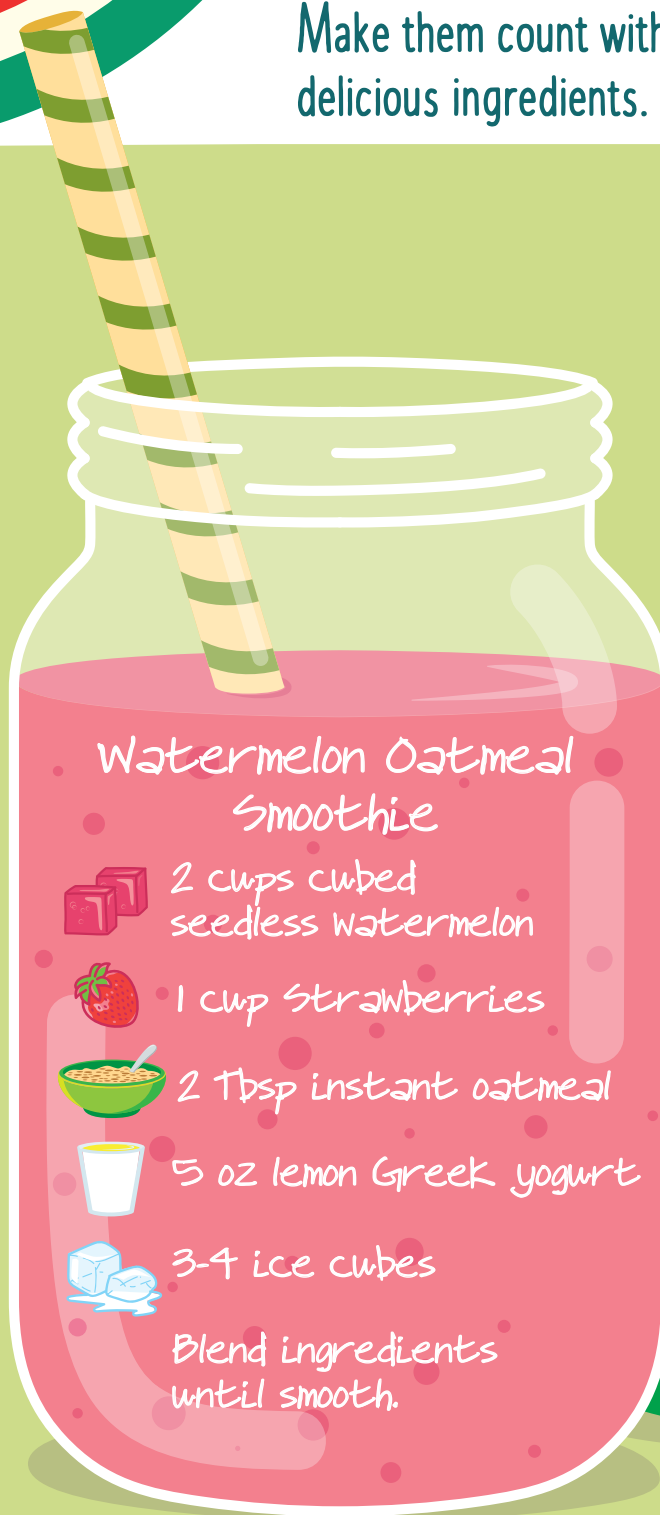
## Little Dippers

Pair watermelon sticks with whole yogurt for dipping fun.



## Creative Combo

Layer watermelon, chicken, spinach, and brown rice in a portable container. Protein-packed snack!



## Eat Real Food



watermelon.org