




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 - CUCURBITASCEAE.



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YOU'RE SO SWEET!
WATERMELON'S A JUICY, SWEET TREAT FULL OF VITAMINS A, B6 & C.

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