One cup of cantaloupe has all the vitamin A and vitamin C you need in a day. Both vitamins help build strong bones and protect us from illness.

**SUPER SNACK IDEAS**

- Cantaloupe chunks make perfect kabobs! String pieces on a straw or popsicle stick, together with other favorite fruits like strawberries, grapes, watermelon, or pineapple.
- Fill a cantaloupe wedge with sherbet or frozen yogurt for a cold, refreshing treat!

**MELON HUMOR**

Why do melons get married in church? They Cant-Elope.

For healthy recipes and low-cost tips visit our blog, https://healthyfoodsinasnap.wordpress.com. This material was developed and provided by the UMass Extension Nutrition Education Program with funding from USDA’s Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-866-650-3603. UMass Extension is an equal-opportunity provider and employer, United States Department of Agriculture cooperating. Contact your local Extension office for information on disability accommodations. Contact the State Extension Director’s Office if you have concerns related to discrimination, 413-545-4800 or see www.umassextension.org/civilrights.