



# SAISD CNS Powerful Produce of the Week

## MELONS

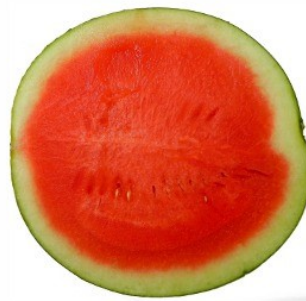
### FUN FACT!

Yubari King melons only grow in a small region of Japan. They are extremely rare and are known for their special sweet flavor. In fact, they are the most expensive melons in the world; one recently sold for more than \$23,000!!

### POWER UP!

Melons provide your body with lots of water! Melons also provide potassium! **Potassium** is important for your muscles to work correctly. In fact, your heart is a muscle, and it needs potassium to work.

### TRY THEM ALL!



Nutrition Education presented by your District Dietitian, Alyssa K Garza, RDN

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