HOW TO USE
Add it to a fruit salad; cut it into small cubes and eat it as a snack.

HOW TO RIPEN
Keep hard cantaloupe at room temperature until the rind is golden-orange, slightly soft, and smells sweet.

STORAGE
Once ripe, keep it in the refrigerator for up to 1 week. If it is cut, wrap it in plastic wrap or put it in a plastic bag in the refrigerator for up to 2 days.

HELPS SUPPORT
Heart health, immune system and vision.

FRUIT SMOOTHIE
Servings: 2
Preparation Time: 5 minutes

INGREDIENTS
- 1 cup cantaloupe
- 1 banana
- ¼ cup low-fat yogurt
- ¾ cup low-fat milk
- 2 tablespoons honey

INSTRUCTIONS
1. In a blender, add cantaloupe, banana, yogurt, milk, and honey.
2. Blend until smooth (if it’s too thick, add ice or more milk and blend again).

Adapted from “Cook Well-Live Curriculum” (2008) San Francisco DPH, funded by USDA SNAP-Ed, an equal opportunity provider and employer.