**WATERMELON**

**STORAGE**
Keep whole watermelon at room temperature for up to 2 weeks. Once cut, keep it in the refrigerator.

**HELPS SUPPORT**
Immune system and vision.

**HOW TO USE**
Add it to a fruit salad or a smoothie; cut it into cubes, sprinkle with chili and lime, and eat for a snack.

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**WATERMELON SALSA**

Servings: 8  
Preparation Time: 15 Minutes

**INGREDIENTS**
- 3 cups watermelon  
- ½ medium onion  
- ½ bell pepper  
- 2 tablespoons cilantro  
- 2 tablespoons lime juice  
- 1 teaspoon oil

**INSTRUCTIONS**
1. Take out the seeds from the watermelon and the pepper.  
2. Chop the watermelon, bell pepper, onion, and cilantro into small pieces.  
3. Mix all ingredients together in a medium bowl.

*Photo: Champions for Change Program*

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Adapted from the Champions for Change Program

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