

# Nutrition Education

## Melons

Melons are one of the best treats of summer—nutritious and delicious!! A six-ounce serving of cantaloupe has 100% or more of the recommended amounts of both vitamins A and C. A six-ounce portion of honeydew contains 410 milligrams of potassium. Watermelons are a good source of vitamins A and C and potassium.

### How to Choose a Good Melon:

- Cantaloupes should have no stem. They will separate from the vine when ripe. (Check the stem end of the melon for rips or tears to determine if the melon was harvested before reaching maturity.)
- The netting/veining on the cantaloupe skin should be well defined with a yellowish to orange skin.
- The flower end of the melon (opposite the stem end) should yield to light pressure with the thumb.
- The melon should have a good sweet aroma to it.
- Watermelons should have a yellow to white belly, and a slightly dull sheen. If thumped, they should sound dull and hollow.
- Lift the melon. It should be heavy for its size.
- Avoid melons with bruises, cracks, scrapes, dents, and cuts.

### Melon Food Safety:

- Wash hands thoroughly with soap and water before cutting melons.
  - Before cutting, wash the outer surface of the melon thoroughly with cool tap water and a clean scrub brush to remove surface dirt.
  - Wash all food-contact equipment and utensils that contact cut melons (cutting boards, knives, etc.) thoroughly with hot soapy water, rinse, sanitize, and air-dry.
  - Use a barrier such as gloves, deli paper, or an appropriate utensil to touch cut melons. Do not touch cut melons with bare hands.
  - Maintain the temperature of cut melons at 41° F or below. Uncut melons do not need to be refrigerated.
  - Mark the time when cut melons are without refrigeration. Cut melons may be out of refrigeration for a maximum of 4 hours and, if not eaten, must be thrown away at the end of 4 hours.
- (Source: FDA)

