



Open year round
Saturdays we cover 7 blocks of Downtown Main Street
Wednesdays at Plaza de Las Cruces
Saturdays & Wednesdays • 8:30 am to 1 pm

 Supplemental Nutrition Assistance Program

 **DOUBLE UP FOOD BUCKS™**

 **NUSENDA**
CREDIT UNION

fcmlc.org

Fruity Fuel for School

Keep students energized and engaged with sweet watermelon snacks

FAMILY FEATURES

School days bring excitement for students with classroom fun, exploration of new subjects, time with friends and extracurricular activities like sports and clubs. They also mean hectic schedules for families, especially parents looking to keep nutrition top of mind in spite of jam-packed weeknight calendars.

Help your kiddos stay energized for each school day (including those dreaded homework hours) with nutritious snacks that prioritize hydration. As a satisfying sweet treat thanks to its taste and nutritional value, watermelon provides a year-round solution to rehydrate as part of simple, kid-friendly meals and snacks.

Sweet watermelon, salty cottage cheese and pops of berries make this Watermelon Berry Fruit Salad with Cottage Cheese hard to top after a long day in the classroom. A sprinkle of fresh mint is a perfect final addition to this after-school treat.

Or for an easy, fast, no-mess meal that can be prepared for homework sessions or taken as a lunchbox treat, look no further than Watermelon Kebabs. Just cube watermelon, turkey breast and cheddar cheese and thread on coffee stirrers or beverage straws then share with your loved ones while tackling dinner and prepping for the next day of learning.

Any way you slice it, watermelon is a nutrient-dense food you can feel confident stocking in your kitchen and feeding to your family. It provides 21 grams (8% of the recommended daily value) of natural carbohydrates and is especially energizing when paired with protein like cottage cheese or turkey for a balanced snack.

Plus, with just 80 calories in two cups, it's a high-volume food that can fill you up at mealtime. Once you've enjoyed the delicious watermelon flesh, make sure to avoid waste by using the rind in recipes like stir fries or salads, or encourage little ones to get creative with watermelon rind crafts to let their creativity shine.

Find more school year snacks and meals by visiting Watermelon.org.

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