

**Rainbow Week Challenge**

**Description:**Families during the week of \_\_\_\_\_\_\_\_ will participate in the Rainbow Week Challenge to try new food and experiment with different recipes. Each day families will try to use food of that corresponding day’s color to cook meals and eat snacks while still reaching the goal of eating 5 servings of fruits and vegetables a day. The colors go down with each day of the week then on Sunday the effort is to create rainbow meals and snacks of whatever fruits and.

Trying different foods by color for each day of the week is

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Red** | **Orange** | **Yellow** | **Green** | **Blue** and **Purple** |
| Beets  Cherries  Cranberries Pomegranates Radishes Raspberries  Red apples  Red bell peppers  Strawberries  Tomatoes  Watermelon | Carrots Mangoes  Oranges  Peaches  Orange bell peppers  Cantaloupe  Sweet potatoes  Butternut Squash  Tangerines  Pumpkin | Squash  Pineapples  Yellow apples  Corn  Yellow bell peppers  Pears  Bananas  Lemons  Yellow tomatoes | Broccoli  Green peppers  Artichoke  Green apples  Peas  Zucchini  Kale  Honeydew  Cucumbers  Mixed greens  Avocados | Blueberries  Black Berries  Grapes  Plums  Purple leaf lettuce  Eggplant  Figs  Purple cabbage  Purple asparagus  Purple carrots  Turnips |

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Fruits** | **Vegetables** | **Total Servings** |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |