

**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** |
| BeetsCherriesCranberriesPomegranates Radishes Raspberries Red applesRed bell peppersStrawberriesTomatoesWatermelon | CarrotsMangoesOrangesPeachesOrange bell peppersCantaloupe Sweet potatoesButternut SquashTangerinesPumpkin | SquashPineapplesYellow applesCornYellow bell peppersPearsBananasLemonsYellow tomatoes | BroccoliGreen peppers ArtichokeGreen applesPeasZucchiniKaleHoneydewCucumbersMixed greensAvocados | Blueberries Black BerriesGrapesPlumsPurple leaf lettuceEggplantFigs Purple cabbagePurple asparagusPurple carrotsTurnips |

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