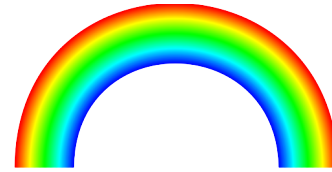


# Rainbow Day at (XYZ) School

## Give Me 5!



Dear parents,

On (insert date) your child will be participating in a special activity called Rainbow Day! We will talk about healthy nutrition, learn about the importance of eating colorful fruits and vegetables and have lots of fun. We will also taste the rainbow during lunch with a special Rainbow Day salad bar.

Each elementary grade has been assigned a color of the rainbow. Please send your child to school wearing something in this color so that we can all get excited about the Rainbow!

Grade	Color	Featured Fruit/Veggie	Recipe
1	Blue/Purple	Grapes	Edible Art
2	White & Orange	Potatoes	Healthy potato chips
3	Green	Apples	Apple Crisp
4	Yellow	Corn	Corn Salsa
K & 5	Red	Watermelon	Watermelon Smoothie

Students will learn about the health benefits of eating fruits and vegetables, especially a variety from different color groups.

**Red**—promotes healthy heart and brain function

**Orange/Yellow**—great for skin/eyes and promote a healthy immune system

**Green**—builds strong bones and teeth

**Blue/Purple**—rich in antioxidants and good for the whole body

**White**—contains fiber and potassium and great for digestion

It's important to eat at least 2 servings of fruit and 3 servings of vegetables each day. Eating a variety of fruits and vegetables provides our bodies with vitamins and minerals to help us stay healthy. Many of the components that make vegetables and fruits so good for us also give them their color! Give me Five—in a Rainbow!

If you are interested in reading more information about the health benefits of the colors in fruits and vegetables, please visit [www.healthykidsideas.com](http://www.healthykidsideas.com) and type in "Rainbow" in the search bar on the right hand side of the page.

If you have questions about Rainbow Day or would like to volunteer, please contact (name of organizers) at (contact information).