Name:

Dept:

JANUARY 2018

TASTE THE RAINBOW

Food comes in many colors, shapes, textures, and flavors. "Eating the rainbow" is one way to experience all of the colors that foods have to offer us! The way this challenge works is simple. Eat a food that falls in line with the color of the day. Write down the food that you ate on the corresponding day, and turn the calendar into one of the health & fitness drop boxes at the end of the month!

Color examples:

Green – broccoli, spinach, green peppers, kale

Blue/Purple: blueberries, plums, grapes

Orange: oranges, carrots, orange peppers, butternut squash, apricots

Red: tomatoes, watermelon, guava

Yellow: bananas, yellow squash, pears, lemons, corn

White: cauliflower, ginger, garlic, mushrooms, white nectarines, white peaches

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 White
7 Pick a color, any color!	8	9	10	11	12	13 White
14 Pick a color, any color!	15	16	17	18	19	20 White
21 Pick a color, any color!	22	23	24	25	26	27 White
28 Pick a color, any color!	29	30	31			