

Food and Fun at Community School Friday

This Friday, Sept. 14, the Community School's elementary school students will participate in Rainbow Day, an activity sponsored by Chef's Move to School/American Culinary Federation, which works with students to create colorful recipes with seasonal and local foods.

Rainbow Day is also sponsored by Nurture, a local grassroots organization (based out of Chicago) that was founded in 2008 to address and provide education on issues including hunger, childhood obesity, wellness and an increasingly unhealthy food chain.

During Rainbow Day, students

will learn about the health benefits of eating fruits and vegetables, especially from a variety of different color groups. Students will be using information from Idaho's Preferred to become experts on local and seasonal produce and will be partnering with Idaho's Bounty in order to use the freshest foods available.

Each grade will be assigned a color of the rainbow, which correlates with a certain recipe. For example, third grade will be assigned the colors green and red, and their correlating recipe will be applecrisps.

More info: Janet Salvoni at 208.622.3955, ext. 115.