

Rainbow Day was held on Tuesday, March 18, 2014. We truly enjoyed the opportunity to work with Hemingway Elementary teachers, staff and parents to educate children about proper nutrition and healthy eating. Each grade was assigned a color of the rainbow, and students enjoyed learning the importance of eating at least two servings of fruit and three servings of vegetables each day. The students learned that 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!

Rainbow Day activities consisted of:

- . 1) Nurture in the classroom: Twenty classes of students received a 20-25 minute lesson including the nutritional benefits of eating a wide variety of fruits and vegetables and specifically why their grade’s color is important to include in their diet. For example, the Kindergarten classes wore white and learned that white fruits and vegetables are good for fighting cancer, vision health, and strong bones and teeth.
- . 2) Classroom teachers extended the nutrition emphasis through art, Eating a Rainbow book reading, and healthy snacks.
- . 3) The kitchen staff planned a rainbow salad bar during lunchtime that encouraged kids to select at least three colors of fruits and veggies. The parent auxiliary purchased orange, purple, and yellow Idaho potatoes that were served on the hot bar at lunch.
- . 4) A smoothie station was run by parents during snack time that incorporated colorful, fruits and veggies into a delicious “rainbow smoothie” that students loved along with cups of carrots. The smoothie included:

- |                                  |                               |
|----------------------------------|-------------------------------|
| Red- cherries                    | Green – local organic spinach |
| Orange – carrots                 | Blue - blueberries            |
| Yellow – bananas and lemon juice | Purple – organic grape juice  |
| White - organic milk and yogurt  | and organic blackberry puree  |



As a teacher said, "It was a fun day to focus on Nutrition." It was a bonus that quite a few registering K families came through and got a welcome and smoothie, too! Those kids probably wanted to sign up for school!"

Thank you to the Blue Cross of Idaho Foundation for Health, St. Luke’s Wood River Foundation, the Wood River Women’s Charitable Foundation and other supporters for helping us make Nutrition Education fun, tasty, and memorable for Hemingway Elementary pre-k through 5<sup>th</sup> grade children!

[A link to many more pictures.](#)