

The Fresh Fruit and Vegetable Program



Hi Teachers,

Thank you for participating in the URI Community Nutrition Education Fruit and Vegetable Rainbow Challenge. This classroom competition will take place from _____ to _____. The challenge should last at least one month. The purpose of this challenge is to encourage children to try the fruits and vegetables provided by the USDA Fresh Fruit and Vegetable Program.

We will provide posters and stickers to qualifying schools. Children may place a sticker (which should be the same color as the fruit or veggie) on the poster for every fruit or vegetable he or she tastes. Since there are no white, tan or brown stickers, the children can use a crayon to put a brown or tan dot on one of the clouds when they eat a white, tan or brown fruit or veggie. Please note that sometimes there may be more than one type of fruit or veggie served. For example, if cantaloupe and blueberry cups are served, the child would put an orange and a blue sticker on the poster provided that he or she tastes both fruits.

Please count fruits and vegetables that are provided by the Fresh Fruit and Vegetable Program only for this challenge. These are the fruit and vegetable snacks that are delivered to your classrooms. While it is important to encourage children to consume fruits and vegetables at breakfast, lunch and at home, they cannot earn stickers for them during this competition.

Please conclude the challenge on the date listed above and notify us when your classroom has finished so we can collect the tracking posters and determine the winning class.

The winning classroom will select and implement a Rainbow Challenge celebration at the school level. URI Community Nutrition Education is happy to provide ideas and printable activity resources to help support planning; however, celebration activities will be coordinated and carried out by classroom teachers and school staff. Please see celebration ideas on the next page.

Thank you,
Stephanie Carlile, MS, RDN, LDN
URI SNAP-Ed Program
scarlile@uri.edu

Prize & Celebration Ideas (Low- or no-cost, curriculum-connected options):

As URI Community Nutrition Education transitions into supporting the Rainbow Challenge, we are excited to continue celebrating student participation in fun, meaningful ways. While funding is no longer available for a purchased prize, classrooms may choose from the following engaging celebration ideas:

Food & Tasting Experiences

- Smoothie or Fruit Tasting Party (organized with food service)
 - Note: Consider food costs and equipment availability (blender, cups, etc.)
- Garden Snack Time – Taste herbs or vegetables grown at school.
- Outdoor Lunch or Picnic Day – Enjoy lunch outside as a class.

Creative Celebrations

- “Fruit & Veggie Superhero” Art Day – Students create posters or mascots.
- Food Art Afternoon – Draw, paint, or collage favorite fruits and vegetables.

Active & Social Fun

- Game Time – Fruit- and veggie-themed relays or scavenger hunts.
 - URI Community Nutrition Education [Printable Activities & Games](#)
- Extra Recess – An additional 15–20 minutes of outdoor play.
- Music & Movement Break – A mini dance party celebration.
- Buddy Lunch – Share a special lunch period with another class.

Recognition & Learning

- Food-Themed Storytime – Guest reader (teacher, principal, staff member).
 - Example: *Tops and Bottoms* by Janet Stevens
 - *(If you are interested in receiving a physical copy of this book, please contact Stephanie Carlile, MS, LDN, RDN at scarlile@uri.edu. Copies may be provided depending on FFVP eligibility and funding.)*
 - Read-Aloud version [here](#)
- Principal’s Shout-Out – Recognition on morning announcements.

