

URI Fresh Fruit and Vegetable Nutrition Curriculum

Fruit and Vegetable Rainbow Challenge

Hi teachers,

Thank you for participating in the URI SNAP-Ed 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 contact me so that I can collect the posters and determine the winner. The winning classroom will receive a URI SNAP-Ed workshop including a fruit and vegetable lesson and smoothie making.

Thank you,

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