

Color your plate!

EAT A RAINBOW. FEEL AMAZING.

We challenge you to put as many fruits & vegetables as you can on your plate each meal. Color your plate with the rainbow, with red, orange, yellow, green, blue, purple, and white fruits & vegetables.

RAINBOW FRUITS



RAINBOW VEGGIES



RECIPE: RAINBOW FRUIT KABOBS

INGREDIENTS:

strawberries, cubed cantaloupe, pineapple green grapes, blueberries, red grapes; or any fruits of your choice to make a rainbow

DIRECTIONS:

- Prep the fruit by washing & cutting it into chunks
- Thread fruit onto skewers in a rainbow color pattern & refrigerate until ready to eat!



SCAN ME!

AUGUST / SEPTEMBER WORD SCRAMBLER

Unscramble the letters to name each fruit or vegetable. Write your answer on the line.



RABWSTYRE 1 _____



PAELP 2 _____



NAABAN 3 _____



RNEGAO 4 _____



GAREPS 5 _____



WATERMLON 6 _____



UELBBRERYB 7 _____



RACROT 8 _____



BROCCLOI 9 _____



CORN 10 _____



CUMCBREI 11 _____



ELLPPERB 12 _____



OMOTAT 13 _____



IPACNHS 14 _____

GREAT JOB!

AUG/SEPT AT HOME CHALLENGE:



Make your own recipe of fruits & vegetables from what you already have on hand at home that uses ALL COLORS OF THE RAINBOW. Submit that recipe to us for a chance to win a Scheels Giftcard!

OR



Make our recipe & submit a photo of your finished product. We will select a lucky submission for a Scheels Giftcard.