

I'm sure we've all seen lots of rainbows round about us, showing appreciation for our Key Workers during this time! "Eating the Rainbow" helps to keep us fit and healthy so why don't you track your eating for a week....or longer if you want!?!



Can you eat all 5 colors every day? Each color is beautiful and filled with different vitamins to make you strong!

	<i>red</i>	<i>orange</i>	<i>yellow</i>	<i>green</i>	<i>blue</i>
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Sorry!!!!.....sweets don't count!

