

Munch on Rainbow Monthly Newsletter

Welcome to the **Randolph Fit and Healthy** wellness plan. This month we will emphasize on eating more fruits and vegetables. The goal of **Munch on Rainbow** includes addition of 3 different fruits and 5 different vegetables and incorporation of dark green or deep yellow fruits or vegetables 3 or more times per week to the meals. In addition add peas and beans at least once a week to the meals.

The week long **Munch on Rainbow** program will guide you with many ideas to incorporate fruits and vegetable in your daily diet. So if you are looking for a bright future for your family try to munch on a rainbow of colorful fruits and vegetables.

The **Munch on Rainbow** program includes the following:

- Goals and objectives of "Munch on Rainbow"
- Strategies and tips to add more fruits and vegetables to diet
- Health benefits of consuming colorful fruits and vegetables
- Serving sizes and daily amount needed
- Activity log-in sheet
- Fruits and vegetables recipe cards
- Monthly fruits and vegetables consumption chart
- Resource list



Don't forget to turn in the activity log in sheet after you complete the activity!

Remember! submission of the activity log-in sheet, after the completion of activity, will automatically enter you into the monthly drawing. The participants who turn in their activity log sheet for the prescribed week and an extra week (repeating the activity), will be eligible for the grand prize drawing at the end of the 3rd month.

After you submit the log in sheet, please take a few minutes and visit

<http://www.surveymonkey.com/s/8QMR33M> to fill out a brief survey.

