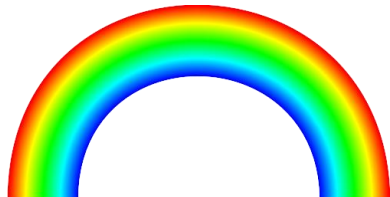

Rainbow Day at Hemingway Elementary!

Give Me 5!



Rainbow Day was held on Tuesday, March 12, 2013. We truly enjoyed the opportunity to work with Hemingway Elementary teachers, staff and parents to educate children about proper nutrition and healthy eating. Each grade was assigned a color of the rainbow, and students enjoyed learning the importance of eating at least two servings of fruit and three servings of vegetables each day. Eating a variety of fruits and vegetables provides our bodies with vitamins and minerals to help us stay healthy. Many of the components that make vegetables and fruits so good for us also give them their color! Give me Five—in a Rainbow!

Rainbow Day activities consisted of:

- 1) Classroom based projects, such as reading “Rainbow Foods” book-reading in the younger grades.
- 2) Nurture-taught lessons, emphasizing the nutritional benefits of eating a wide variety of fruits and veggies.
- 3) A rainbow salad bar during lunchtime that encouraged kids to select at least three colors of fruits and veggies.
- 4) A smoothie station during snack time that incorporated colorful, local* fruits and veggies into a delicious “shake” that students loved!

*Special thanks to Idaho’s Bounty for contributing cherries, blackberries, lemons, spinach and potatoes; and to the Idaho Dairy Council for providing yogurt.

Nurture would also like to give special thanks to:

- Missy Russell, who organized the event
- Mr. Haisley for supporting Rainbow Day

-Parent volunteers who made the event possible: Janna Crist, Susie Quesnel, Sarah Torres, Sylvie Dore, Laura Curd, Mary Clare Griffin, Jill Morse, Kate Nichols, Stacy Whitman, Heidi Campbell, and Heidi Mickelson.

-Teacher/Staff Volunteers who provided leadership for the event: Char Roth, Becky Benson, Shawn Schumacher, and Scott Slonim.

-Desiree Smith and the Hemingway food service for creating the rainbow salad bar.

-Hemingway Parents Auxiliary and Wellness Committee for help with organization and contributing funds.

We appreciate this opportunity to work with your wonderful students. Thank you!

