

School:

Principal:

**November's Healthy Habits Campaign Message is:**

**Be kind to your body – eat a rainbow of fruits and vegetables every day!**

Healthy eating habits are an important component of lifelong health. One of the best ways to make sure you eat a healthy variety of fruits and vegetables – and all the nutrients that they provide – is to “eat a rainbow”.

**Turn this page over** to find ideas for including *Eat a Rainbow*-related messages in your daily announcements.

**The key points to focus on this month are:**

- Eating a bunch of different colored fruits and vegetables will help you get the different nutrients your body needs! To get all the health benefitting super powers that fruits and veggies have to offer, you need to *eat a rainbow* regularly.
- Trying new colorful fruits and vegetables is a fun, tasty adventure! You'll never get tired of fruits and veggies if you eat all different kinds and all different colors and if you keep on trying new ones you've never tried.
- Fill half your plate with fruits and vegetables at every meal! The only way you can eat all the colors of the rainbow each day is if you eat at least one fruit or vegetable at every meal! Fruits and vegetables make great snacks too- try apples wedges, carrots sticks, grapes, or raisins.

For more ideas and resources for celebrating Eat a Rainbow Week at your school and for promoting healthy eating messages school-wide, see <http://www.chathamnc.org/index.aspx?page=1463>. Here you will find classroom competition ideas, staff wellness program activity ideas, posters and bulletin board materials, and more.

The Chatham County Public Health Department's *Eat a Rainbow Week* blog ([www.chathampublichealth.com/eat-a-rainbow](http://www.chathampublichealth.com/eat-a-rainbow)), the Chatham County Schools website and the Chatham County Public Health Department website will be highlighting *Eat a Rainbow Week* activities in the schools and around the community. Contribute your school's Eat a Rainbow stories and photos via e-mail to Ellie Morris, School Health Liaison with the Chatham County Public Health Department, [elizabeth.morris@chathamnc.org](mailto:elizabeth.morris@chathamnc.org).

For more information about fruit and vegetable health benefits and recommended daily servings see:

- **Fruit and Veggies, More Matters** (formerly the “5-a-Day” campaign):  
<http://www.fruitsandveggiesmorematters.org/>
- **MyPyramid**:  
<http://www.mypyramid.gov/pyramid/index.html>

## Morning/Afternoon Announcements Ideas

Use these announcements during Eat a Rainbow Week or throughout the month to call attention to March's healthy habit. Use the messages below or ask your students to write some for you!

- This week/month we'll be celebrating the awesome variety of fruits and vegetables that are out there for us to enjoy. And, we'll be learning about all the different healthy superpowers that fruits and vegetables give our bodies when we eat a rainbow every day.
  - **Red Fruits and Vegetables:** Strawberries and red bell peppers are two tasty red foods that are full of vitamin C. Eating plenty of vitamin C helps your skin get better after a cut or scrape, so be sure to eat some red fruits and vegetables today!
  - **Orange & Yellow Fruits and Vegetables:** Crunchy orange vegetables like carrots are full of vitamin A which has the superpower of keeping your eyes healthy and strong. So make sure to eat something orange today, along with as many other colors as you can. Your eyes will thank you!
  - **Green Fruits and Vegetables:** Dark green leafy vegetables contain iron which has the superpower of keeping your blood strong. Without enough iron, you might not have the energy to play and do all the things you like to do, so make sure to eat something green today, along with as many other colors as you can.
  - **Blue & Purple Fruits and Vegetables:** Blueberries make a delicious snack and might even help keep your memory sharp. There aren't very many blue and purple fruits and vegetables, so why not give them all a try? Eat some blueberries or blackberries or try some eggplant along with the rest of the rainbow today!
  - **Celebrate the whole rainbow!** When you eat a rainbow of fruits and vegetables every day, it helps you feel your best! As we've talked about this week, every fruit and vegetable contains special superpowers that help different parts of the body, like the eyes, skin, and blood. When you eat the rainbow, you make all these different parts of your body healthy and strong and that keeps you feeling your best.