

HEALTHY EATING *Made Easy* WITH THE RAINBOW

What's in season in January? Lemons, oranges, grapefruit, beets, turnips, parsnips, celery root, cabbage, kale, collards, broccoli, cauliflower, butternut squash, and acorn squash. See what else you can find at your local Pete's Market.

Plan your week. Challenge yourself to try a fruit or vegetable you've never eaten!

Name _____ Date _____



	RED	ORANGE	YELLOW	GREEN	BLUE & PURPLE	How many colors did you eat today?
SUNDAY						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						