**Colour Your World With Vegetables and Fruit**

Monthly Campaign Announcements

| Day 1 | This month we will be learning about how you can Colour Your World with Vegetables and Fruit! Do you have a variety of colours in your meals? Check your lunch today to see how many different colours you have.  |
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| Day 2 | Apples are a fun treat to eat because they come in so many different varieties, sizes and colors. Apples are crunchy and juicy and have a lot of fibre to help keep you healthy! Did you know that some varieties are so small they can fit in your pocket? Wow! See how many shiny, juicy varieties of apples you can try at home this month as you “Colour Your World with Vegetables and Fruit.” |
| Day 3 | Did you know you can colour your world with fruit for dessert? As a class, list the types of fruit that you ate yesterday. Can you sort them into colour groups? Tonight try tasting something new by adding a slice of fruit on top of yogurt.  |
| Day 4 | Strawberries have a green colour as they start growing, but when they are ripe and ready to eat they turn red. Strawberries are filled with vitamins, fiber, and antioxidants, and are delicious! Are you eating strawberries as you “Colour Your World with Vegetables and Fruit?” |
| Day 5 | Try slicing up a banana and putting it on top of your favorite morning cereal. Bananas are in the yellow and orange colour group and are the world’s most popular fruit! Here is a joke:Q: What do you call two banana peels?A: A pair of slippers |
| Day 6 | Did you know that half a cup of 100% fruit juice with no sugar added is one way to consume vegetables and fruit? Make sure to check your drinks to see if it’s 100% juice. Is your juice orange, red, purple or green? Eating and drinking vegetables and fruit of a variety of colours help keep you healthy and prevent diseases. |
| Day 7 | Did you know that some people eat no meat at all? They eat vegetables, fruits, beans and other alternatives for balanced, nutritious meals every day. Each colour of vegetables and fruit have their own special super powers. Checkout the bulletin board located (insert location here) to see what colours have which powers.  |

| Day 8 | Did you know cauliflower is a vegetable that is available all year long? Cauliflower is so good for you because it's loaded with Vitamin C, which helps keep you healthy and strong. Cauliflower is really easy to eat because you don't have to peel anything. Have you had any cauliflower yet this week?  |
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| Day 9 | Tree-like broccoli is a great snack when it’s raw. You can dip it in a healthy, low-fat dip, or you can eat it steamed. Did you know that when you eat broccoli, you get vitamin A, vitamin C and fibre? Eat some crunchy, green broccoli as you “Colour Your World with Vegetables and Fruit.  |
| Day 10 | Was your supper plate half full of vegetables and fruit? If not, how about trying a handful of dried fruit such as raisins or apricots to increase your vegetable and fruit intake. |
| Day 11 | Are you looking for something sweet? Instead of candy, chocolate bars or “fruit” roll-ups, try eating fresh fruit, a fruit salad, or dried fruit as a snack. By eating real fruit, you get a lot of great things your body needs such as vitamins, minerals and fibre!  |
| Day 12 | Fast food isn’t all bad! Vegetables and fruit are super fast to take anywhere, because you don’t even need a container!! Apples, bananas, pears or oranges are all easy ‘fast’ foods that you can take with you to school or anywhere with your friends or family. |
| Day 13 | Are you looking for something crunchy? Crunch on healthy choices like veggie sticks. Try some low fat dip with your vegetables to add more flavour. Other crunchy snacks like potato chips, cheese puffs, or corn chips are very high in salt and fat and are hard on your heart! Plus, they don’t increase your daily intake of vegetables and fruit. |
| Day 14 | Did you know that you should choose whole vegetables and fruit more often than juice? You’ll get more fibre and other important nutrients that juice doesn’t provide. Remember to try all different colours of vegetables and fruit to keep your world colourful! |
| Day 15 | Are you ready for a joke: A: Where was the first donut made?An: In Grease!Instead of choosing a donut, try choosing a more nutritious snack like an orange. Oranges come in many varieties and can be found in your grocery store year round. They are full of vitamin C and help keep you healthy as you “Colour Your World with Vegetables and Fruit”. |

| Day 16 | Did you know that spinach is part of the leafy green family? It’s a great vegetable that’s high in Vitamin A, Vitamin C and fibre. It’s important to try to eat at least one dark-green vegetable every day. How many dark-green vegetables can you think of as a class? |
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| Day 17 | Vegetables and fruit come in all colours of the rainbow, and their colours tell a story about their health-promoting powers. Count how many different colours of vegetables and fruit you have in a day! Think about yesterday, how many different colours of vegetables and fruit did you eat? |
| Day 18 | Have you had a chance to complete all the squares on the “Colour your world with vegetables and fruit” BINGO card? There are some great new foods to try and some interesting information to share. If you haven’t finished all your squares, it’s not too late. Pick one up from (insert location of bingo cards here) today. |
| Day 19 | Grapes make a sweet, juicy and delicious snack. Did you know that grapes come in green, red and blue-black? Want to try something cool? Try putting grapes in the freezer for a nice cool treat! Why not add some purple into your snacks as you “Colour Your World with Vegetables and Fruit”.  |
| Day 20 | Are you eating carrots as you “Colour Your World with Vegetables and Fruit”? The orange colour of carrots tells you that they are an excellent source of Vitamin A, which helps keep your eyes healthy. Bright orange carrots are a great snack because they are sweet and crunchy! When did you last have carrots for supper, is it time to ask for carrots again?  |
| Day 21 | Peas are a delicious vegetable that are easy to grow in the spring and summer. Peas are high in fibre and vitamins. Try some Sugar Snap Peas for a sweet and crunchy treat as you “Colour Your World with Vegetables and Fruit”. |
| Day 22 | Check out the bulletin board insert bulletin board location to see how the vegetables and fruits in your lunch can benefit your health. What is your favorite colourful vegetable or fruit? Do you have plans to eat any today?  |
| Day 23 | “Colouring Your World with Vegetables and Fruit” is a sure way to give your body the vitamins and minerals that it needs to stay healthy. Keep trying to eat as many different colours as you can each day for overall health and vitality! |