



# EAT THE RAINBOW CHALLENGE

**MONDAY 11TH - FRIDAY 15TH MAY**

This week, we're celebrating all the colors of the rainbow! Eating a rainbow of fruits and vegetables isn't just fun—it's a super way to give your body the vitamins, minerals, and energy it needs to stay strong, healthy, and ready for anything.

Download a copy of your challenge chart at

[idealschoolmeals.co.uk/EatTheRainbow](https://idealschoolmeals.co.uk/EatTheRainbow)