



EAT THE  
RAINBOW



# CAN YOU EAT THE RAINBOW?

**Directions:** Add a color-coordinated sticker every time you eat a food from the rainbow. Can you eat the rainbow each week?

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

# Ready to take the next steps?

**Real Food + Real Families** is a five-week online course that gives parents the skills to succeed at feeding their families nourishing foods, creating peaceful mealtimes, eliminating processed foods, and feeling confident in the kitchen.

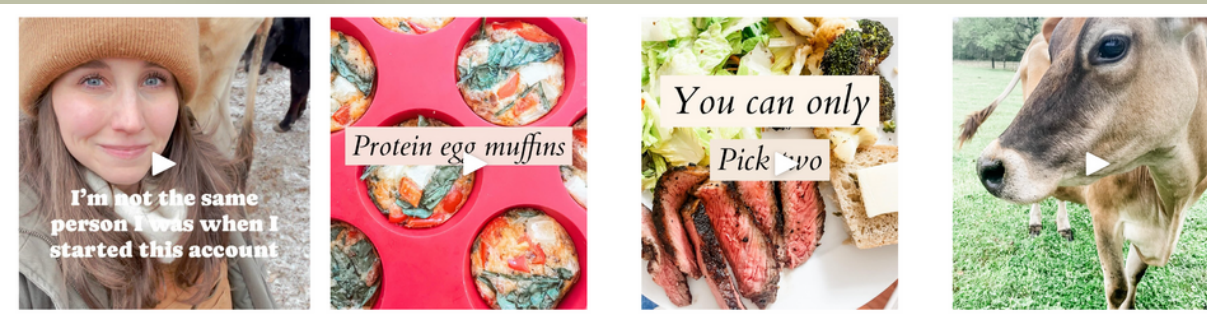


## What you'll learn:

- Module 1: Basics of Nutrition
- Module 2: Stocking your Pantry and Fridge
- Module 3: Tackling Picky Eating, Snacks, and Food Ruts
- Module 4: Eliminating Processed Foods
- Module 5: Incorporating Nutrient-Dense Foods

**Get instant access!**

## Follow along for free tips and farm life



THANK YOU

