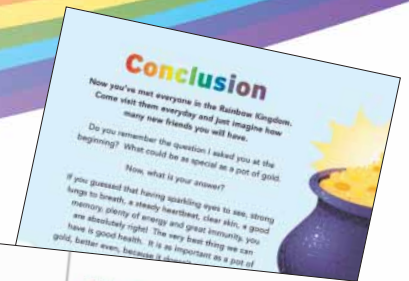
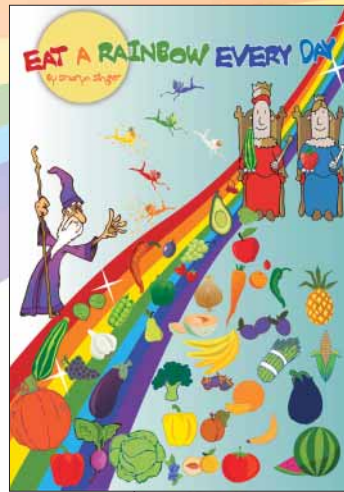


EAT A RAINBOW EVERY DAY

Introducing the Rainbow Kingdom, a fun new way to help children learn about and be encouraged to eat fruits and vegetables.

Presenting the King, Queen, Wizard and the Fairy Sisters, who will explain why eating 'a rainbow' is so important by introducing the health benefits of the anti-oxidants in fruits and vegetables and linking them with the colours of the rainbow.



The book encourages children to:



identify and colour in different fruits and vegetables



learn a variety of names of fruits and vegetables (some of which may be new to them)



try new fruits and vegetables

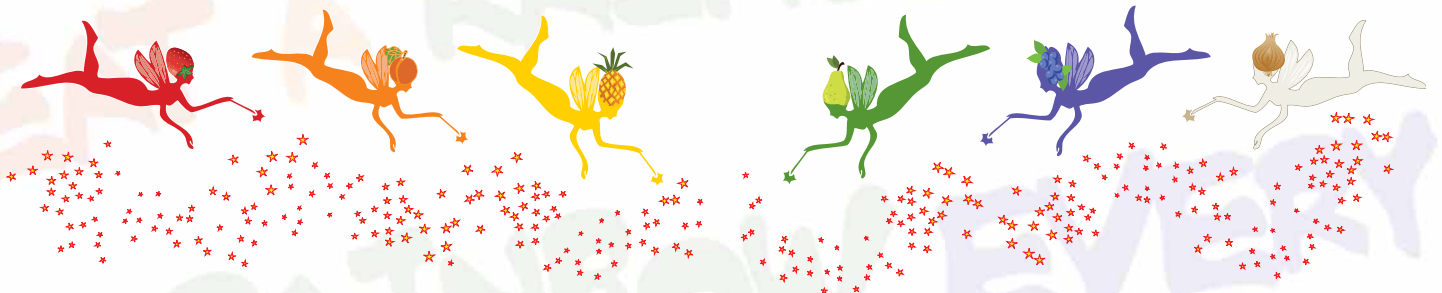


enjoy cooking a recipe with their parents

Having taken on board the value of eating 'a rainbow' of fruit and vegetables every day, the children can then use the colourful A4 chart (ideal for the refrigerator, kitchen cupboard or notice board) and stickers to track how many different colours they do actually eat on a daily basis.



**Includes a story and colouring book,
a multi-coloured refrigerator chart and some
fun fruit and vegetable stickers**



The 'Eat a Rainbow Every Day' initiative was introduced by Sharyn Singer, a Naturopath and Nutritionist and The Speedwell and Wellbeing Trust, an Oxfordshire based charity, at the first Children's Food Festival, held in Oxfordshire in July 2007.

The 'Eat a Rainbow Project' is being introduced into schools and as a result of the success at the Children's Food Festival it is hoped that this project can in future be offered not only in schools but at other appropriate venues such as school fetes and health fairs.

To order the 'Eat a Rainbow Everyday' pack and for more information about the 'Eat a Rainbow Project' for schools or other venues, please contact:

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Website: www.eatarainboweveryday.com



**Speedwell and
WellBeing Trust**

Healthier living for all

The Speedwell and Wellbeing Trust

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