

# STAFF CHALLENGES



## APPLE Schools Rainbow Lunch Challenge

Each food group on [Canada's Food Guide](#) contains a variety of important nutrients that are vital to good health. Consuming a rainbow lunch is a good way to incorporate these nutrients into your diet.

### Timeline:

The Rainbow Lunch staff challenge lasts for 4 weeks.

### Goal:

Each staff member is to eat lunches with all four food groups on school days. The staff member who consumes the highest number of rainbow lunches in the 4-week period wins a prize (decide among your school as to what this prize will be).

### Instructions:

1. Have participating staff members download or print the tracking sheet.
2. Each participant tracks the days that they bring a rainbow lunch.
3. At the end of the 4 weeks, have all participants submit their tracking sheets.
4. The participant with the most rainbow lunches over the 4 weeks wins the prize.

**Note:** Nutritious foods are to be encouraged.

**Note:** Tie breaker? Here are some ideas to break it:

1. Draw the winning name.
2. Have a dance off! Participant with the best moves wins.
3. Whoever can say the alphabet backwards the fastest.

Or, come up with your own creative tiebreaker!