



Feeding, Eating And Supporting Together
TO HELP CHILDREN GROW AND THRIVE

Dear EEU Families,

We are excited to announce the launching of our new Food Explorers Mealtime and Nutrition Curriculum! The goal of this new program is to encourage all children to learn about and try new and healthy foods together. We will be exploring through art, sensory activities, cooking projects, and more! Look for more specific information for your child's class in their class newsletters. Please stay tuned for more information on how you can incorporate this into your homes. As always, let us know if you have any questions or suggestions!



Curriculum Goals

Encourage children to try new foods

Learn about new foods and mealtime traditions as a community

Highlight foods of the week

Provide parent and caregiver support

Provide school-wide education on mealtime strategies and nutrition

Eating Through The Rainbow Schedule

Color	Focus Foods
Week 1: Red	Apple, red pepper
Week 2: Orange	Oranges, pumpkin
Week 3: Yellow	Banana, spaghetti squash
Week 4: Green	Honeydew melon, avocado
Week 5: Blue	Blueberries, blue tortilla chips
Week 6: Purple	Purple potatoes, grapes