



Challenge 2026

Eat the Rainbow



You are invited to try our “Eat the Rainbow” challenge; where every day in October we encourage you to consume at least one suggested fruit or vegetable from each of the colour of the rainbow.

Why take this Challenge? We recognize that everyone has their own culture, traditions, preferences and nutritional needs. The Eat the Rainbow Challenge is an easy opportunity to expand your current diet and experience possible new and tasty foods. Each colour group promotes various nutrients and unique benefits our bodies need to reach optimal health.

How to win a prize: Fill in your daily tracking form and email (Trevor.Monahan@forces.gc.ca) or drop it off at the Health Promotion office located at the F&W Centre to be eligible to win prizes.



1

HOW TO

Collect Daily Points



 Challenge 2026
Eat the Rainbow



Canada's Food Guide recommends that you make half of your plate vegetables and fruit.

How can you eat more vegetables and fruit?

- Cut and prep as soon as you get them home
- Store in clear containers in plain sight
- Keep a fruit bowl on the counter
- Add to everything! From omelets, to soups, smoothies, sauces...



Color themes change each day. We'll even provide a list of food suggestions to get you started.



Eat at least one (1) of any item on the suggested list each day and you'll receive a daily point.

2

HOW TO

Collect Daily Points



 Challenge 2026
Eat the Rainbow



Vegetables and Fruit: Canada's Food Guide recommends 7 to 10 servings of Vegetables and Fruit a day depending on your age and gender. Here's what a Food Guide serving looks like.

Fresh, frozen or canned vegetables

1/2 cup (125 mL) = 1/2 fist



Leafy vegetables

1 cup (250 mL) = 1 fist



Whole fruit

1 fruit = 1 fist



To collect daily points, you need to eat at least one (1) colour of the suggested vegetables or fruit that day.

Fresh, frozen or canned fruit

1/2 cup (125 mL) = 1/2 fist



Dried fruit

1/4 cup (60 mL) = Cupped hand



100% fruit juice

1/2 cup (125 mL) = 1/2 fist



Try new items or use our suggestions to spice up an old dish that needs updating.



Remember 1 full serving = 1 daily point!



3

HOW TO

Track Daily Points



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE	
Week 1				1	2	3	4
Week 2	5	6	7	8	9	10	11
Week 3	12	13	14	15	16	17	18
Week 4	19	20	21	22	23	24	25
Week 5	26	27	28	29	30	31	

**BONUS
POINTS**

Totals:

The challenge starts on the Thursday 01 October & ends on Saturday 31 October (31 Days)



BRONZE: 15 – 19 points

SILVER: 20 – 26 points

GOLD: 27+ points

Rank/Name: _____

Unit: _____

Local / Phone: _____

4

PRIZES

You could win!



CANEX Gift Cards.



FIRST Place	SECOND Place	THIRD Place	RANDOM Draw # 1	RANDOM Draw # 2
\$30	\$30	\$30	\$30	\$30

First three prizes are based on those who submit the top three scores.

Two random draws will be selected from remaining completed / submitted entries



BRONZE: 15 – 19 points

SILVER: 20 – 26 points

GOLD: 27+ points



Completed entries must be submitted to Health Promotion by 05 November 2026 to be eligible for a prize.

Eligibility

This challenge is open to CAF and USAF Regular Force members, Reserve Force members, immediate family members over the age of 18, CAF veterans, DND civilians and CFMWS employees of 22 Wing.

Monday “Red”



- | | | | |
|--------------------------------------|---|---|---------------------------------------|
| ☐ Cherries | ☐ Beetroot | ☐ Radishes | ☐ Dragon fruit |
| ☐ Cranberries | ☐ Red grapes | ☐ Strawberries | ☐ Red plums |
| ☐ Red onions | ☐ Red grapefruit | ☐ Blood oranges | ☐ Red chard |
| ☐ Tomatoes | ☐ Apples | ☐ Radicchio | ☐ Prickly Pear |
| ☐ Raspberries | ☐ Red bell | ☐ Red pears | ☐ Red Spinach |
| ☐ Watermelon | ☐ Red potatoes | ☐ Pomegranate | |
| ☐ Rhubarb | ☐ Red cabbage | ☐ Red leaf lettuce | |

All food items are suggestion only. Discontinue if you feel unwell / ill or avoid if you have food allergies / sensitivities!!!

****Remember your goal is to eat at least one (1) of this colour every Monday!***

Tuesday “Orange”



- | | | |
|-------------------------------------|---------------------------------------|--|
| ☐ Apricots | ☐ Pomelo | ☐ Butternut |
| ☐ Cantaloupe | ☐ Pumpkin | ☐ Orange bell |
| ☐ Grapefruit | ☐ Acorn squash | ☐ Clementine |
| ☐ Papayas | ☐ Tangerines | ☐ Mandarin orange |
| ☐ Peaches | ☐ Sweet potato | ☐ Oranges |
| ☐ Persimmons | ☐ Kumquat | |
| ☐ Carrots | ☐ Ugli fruit | |

All food items are suggestion only. Discontinue if you feel unwell / ill or avoid if you have food allergies / sensitivities!!!

****Remember your goal is to eat at least one (1) of this colour every Tuesday!***

Wed “Yellow”



- | | | |
|---|--|--|
| ☐ Yellow pears | ☐ Lemons | ☐ Yellow watermelon |
| ☐ Pineapple | ☐ Star fruit | ☐ Yellow dragon fruit |
| ☐ Yellow corn | ☐ Passion fruit | ☐ Yellow zucchini |
| ☐ Mangos | ☐ Summer | ☐ Yellow figs |
| ☐ Banana | ☐ Winter squash | ☐ Golden kiwi |
| ☐ Yellow peppers | ☐ Yellow cherries | ☐ Yellow potato |
| ☐ Yellow wax beans | ☐ Yellow tomato | ☐ Yellow bell pepper |

All food items are suggestion only. Discontinue if you feel unwell / ill or avoid if you have food allergies / sensitivities!!!

****Remember your goal is to eat at least one (1) of this colour every Wednesday!***

Thursday “Green”



- | | | |
|--|--------------------------------------|--|
| ☐ Green peppers | ☐ Zucchini | ☐ Honeydew melon |
| ☐ Cabbage | ☐ Green beans | ☐ Granny smith apples |
| ☐ Collards | ☐ Lima beans | ☐ Artichokes |
| ☐ Okra | ☐ Cucumber | ☐ Kiki |
| ☐ Peas | ☐ Green pears | ☐ Brussel sprouts |
| ☐ Limes | ☐ Celery | ☐ Kale |
| ☐ Spinach | ☐ Asparagus | ☐ Broccoli |

All food items are suggestion only. Discontinue if you feel unwell / ill or avoid if you have food allergies / sensitivities!!!

****Remember your goal is to eat at least one (1) of this colour every Thursday!***

Friday “Blue”



- | | | |
|---|---|---|
| ☐ Blueberries | ☐ Blue potatoes | ☐ Blue marble fruit |
| ☐ Damson plums | ☐ Common bilberries | ☐ The Jarrahdale pumpkin |
| ☐ Blackberries | ☐ Huckleberries | ☐ Blue sausage fruit |
| ☐ Concord grapes | ☐ Blue cabbage | ☐ Blue giant fig |
| ☐ Blue tomatoes | ☐ Blue beans | ☐ Blue olives |
| ☐ Blue currants | ☐ Blue corn | |
| ☐ Elderberry | ☐ Blue honeysuckle fruit | |

All food items are suggestion only. Discontinue if you feel unwell / ill or avoid if you have food allergies / sensitivities!!!

****Remember your goal is to eat at least one (1) of this colour every Friday!***

Saturday “Purple”



- | | | |
|--|---|--|
| ☐ Eggplant | ☐ Purple cauliflower | ☐ Purple sweet potato |
| ☐ Purple peppers | ☐ Purple kale | ☐ Raisins |
| ☐ Prune | ☐ Purple potato | ☐ Purple basil |
| ☐ Purple cabbage | ☐ Acai berries | ☐ Purple corn |
| ☐ Purple carrots | ☐ Purple grapes | |
| ☐ Purple endive lettuce | ☐ Plum | |
| ☐ Purple asparagus | ☐ Purple broccoli | |

All food items are suggestion only. Discontinue if you feel unwell / ill or avoid if you have food allergies / sensitivities!!!

****Remember your goal is to eat at least one (1) of this colour every Saturday!***

Sunday



Sunday's are free days. You are still encouraged to try new foods and increase your daily uptake of fruits and vegetables from any colour.

Remember that moderation is key, and building healthy snacking / eating takes time and planning.

For more information on nutrition, contact Health Promotion.

**STRENGTHENING THE
ÉNERGISER LES *FORCES***



***REMEMBER to submit your completed score card to
Health Promotion by 05 November 2026 to be eligible for a prize.***

BONUS POINTS



Did you know you can earn bonus points by being physically active? Join PSP led fitness classes in the **22 Wing Fitness & Wellness Centre** to earn 2 bonus points for every class you complete.

Week Day	Class Time	Class Type	Duration
Monday	1200-1245	Strength & Conditioning	45 min
Tuesday	1200-1230	HIIT	30 min
Wednesday	1200-1245	Yoga	45 min
Thursday	1200-1230	HIIT	30 min
Friday	1200-1245	FORCE Prep	45 min

Do you prefer to workout on your own?

If you prefer to do your own workouts, your way, on your own time - you can still earn 1 point for each workout completed.

► Keep track on your daily tracker score card using the bonus points column.



REMEMBER to submit your completed score card to Health Promotion by 05 November 2026 to be eligible for a prize.