

News Notes To Parents

Purdue University Cooperative Extension Services, Health And Human Sciences April 2026

Eat A Rainbow Every Day!

To be healthy, kids need to eat a variety of colorful fruits and vegetables every day. By using a rainbow as a guide, you can ensure that children benefit from a wide range of vitamins and minerals. No single fruit or vegetable provides all the nutrients that kids need. By breaking produce down into color groups of red, orange, yellow, green and purples you can make eating fruits and vegetables fun and easy for kids! Even at a very young age, kids can easily grasp the concept of eating a rainbow.

Eating colorful fruits and vegetables help protect kids from cancer and other chronic diseases. They're nutritious and delicious. The color makes all the difference. Within each color are disease fighting phytochemicals, the good guys, that fight to keep you strong and healthy. Fruits and vegetables also provide a wide range of valuable nutrients; like fiber, folate, potassium, magnesium, vitamins A and C. So be colorful! Eat a rainbow of fruits and vegetables every day.



EAT MORE COLOR

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. All forms of fruits and vegetables (fresh, frozen, canned and dried) can be part of a heart-healthy diet. Choose types without added salt and sugar.

BLUE & PURPLE

blackberries	grapes
blueberries	plums
black currants	prunes
dates	purple figs
eggplants	raisins

WHITE

bananas	mushrooms
cauliflower	onions
daikon	potatoes
garlic	parsnips
Jerusalem artichoke	shallots
jicama	taro
lotus root	turnips

ORANGE & YELLOW

acorn squash	nectarines	pumpkins
apricots	oranges	summer squash
butternut squash	orange peppers	sweet potatoes
cantaloupes	papayas	tangerines
carrots	passionfruit	yams
corn	peaches	yellow apples
lemons	pineapples	yellow grapefruits
mangoes	plantains	yellow peppers
		yellow squash



GREEN

artichokes	green cabbage	okra
asparagus	green grapes	pears
avocados	green onions	peas
bok choy	green peppers	romaine lettuce
broccoli	kale	snow peas
Brussels sprouts	kiwis	spinach
celery	leeks	sugar snap peas
collard greens	limes	tomatillo
cucumbers	mustard greens	watercress
green beans	nopales	zucchini

RED & PINK

beets	red apples
cherries	red grapes
cranberries	red peppers
guava	red potatoes
pink grapefruit	rhubarbs
pomegranates	strawberries
radicchio	tomatoes
red radishes	watermelons



Source: accessed 2-20-26, Kids PBS
<https://www.ksps.org/community/ksp-s-fitkids/eat/eat-a-rainbow/>

Photo: Canva

EAT SMART. LIVE MORE. BE WELL.

heart.org/HealthyForGood

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https://www.heart.org/-/media/AHA/H4GM/PDF-Files/Eat_More_Color_infographic.pdf?sc_lang=en

The Money Minute: April is for "Super Savers!"

Happy April! While the flowers are blooming outside, something else is growing this month: Financial Literacy Month. This is a global celebration designed to help everyone, especially our littlest earners, get smarter with their cents.

What's making the news?

- **Tax Day Talk:** April 15 is the big deadline for adults to finish their taxes. It's the perfect time to explain that taxes are like a "membership fee" we pay to help take care of our parks, libraries, and roads.
- **Spring Cleaning Sales:** April is famous for "Spring Cleaning" discounts. Retailers are clearing out winter gear, making it a great month to teach kids about strategic shopping, buying what we need when the price is lowest.

Activity: The "Clear Jar" Challenge

To make money visual for young kiddos, here is a fun hands-on activity you can try this month!

- **The Setup:** Instead of an opaque piggy bank, find three clear jars. Label them: Save, Spend, and Give.
- **The Mission:**
 - 1. Whenever your kiddo earns a chore reward or finds a stray nickel, have them divide it among the jars.
 - 2. The "Why": Use the clear jars so they can see their money growing.
 - 3. The Bonus: On April 30, count the "Give" jar together and let them pick a local charity (like an animal shelter) to support. It teaches them that money isn't just for buying things, it's for helping, too!



PURDUE EXTENSION, NORTHEAST



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Northeast Indiana has a new Area Extension Facebook Page! Check it out and follow us to stay connected with to all the great things happening in our 14 county district!
"Purdue Extension, Northeast Indiana"

<https://www.facebook.com/profile.php?id=61586025640905>

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News Notes To Parents is a product of Purdue Extension—Noble County. If you have comments or need information, call (260) 636-2111 The office is located at 109 N., York St. Albion In 46701 Tell someone about us!