Rainbow of Color Resource Sheet

* The following shopping list is for one classroom. Items may cover multiple classrooms, reference notes. Adjust shopping list as necessary.

**Shopping List**
- 10 – 12 ounces of baby spinach
- 1 red bell pepper
- 1 lemon
- 1 red variety apple (such as gala or fuji)
- 1 bag matchstick carrots (or baby carrots) (approximately 3 classes)
- 1 – 16 ounce bag of golden raisins (approximately 11 classes)
- 1 – 16 ounce bag of salted sunflower seeds (approximately 14 classes)
- 1 – 8 ounce bags of dried cherries, cranberries, or blueberries (approximately 4 classes)
- 1 – 8 ounce bottle of olive oil (approximately 8 classes)
- 1 – 8 ounce bottle of honey (approximately 16 classes)
- Extra plastic grocery bags or reusable grocery bag to hold the fresh items for each class

**Other Items Needed:**
- Measuring cups/spoons: 1/4 cup, Tablespoon
- Ziplock bags: snack size (4), sandwich size (2), two gallon (2)
- Garbage bag (1)
- Small dressing containers (i.e. glad ware) (2)
- Paper towel (1 roll)
- Hand sanitizer (1 small bottle)
- Cleaning wipes (1 container)
- Apple corer (1)
- Disposables: plastic knives (10), paper trays (1/student), paper plates (10), plastic gloves (24), forks (1/student), garbage bag (1)

**Note:** Wash your hands thoroughly before beginning and wash hands and measuring utensils between each item.
Assembly for ONE classroom:
- 10 – 12 ounces of baby spinach (2 – six ounce bags or one 10 ounce bag)
- ½ red pepper - wash, remove stickers, slice into two quarters, core, remove seeds, place in sandwich baggie
- 1 lemon – wash, remove stickers, cut in quarters, place in sandwich baggie
- ¼ cup matchstick carrots – place into snack baggie
- ¼ cup golden raisins – place into snack baggie
- ¼ cup salted sunflower seeds – place into snack baggie
- ¼ cup dried cherries, cranberries, or blueberries – place into snack baggie
- 1 apple – wash, remove stickers
- Dressing: combine 2 TBSP olive oil and ½ TBSP honey in small plastic container – make two containers with this recipe

Disposables:
- 1 roll paper towel
- 1 small bottle hand sanitizer
- 2 – two gallon size bags
- 10 plastic knives
- 10 paper plates
- 24 plastic gloves
- 1 container cleaning wipes
- Paper trays – 1 per student
- Plastic forks – 1 per student
- 1 garbage bag

Post Lesson
- Wash apple corer and plastic dressing containers

Rainbow of Color Salad Recipe
- 10 – 12 ounces of spinach
- ½ cup matchstick carrots
- ¼ cup golden raisins
- ½ red pepper, diced
- ¼ cup salted sunflower seeds
- ¼ cup dried cherries, cranberries or blueberries
- 1 apple, diced
- Salad dressing: 4 Tablespoons olive oil, 1 Tablespoon honey, 2 Tablespoon lemon
  - Divide into two containers with lids

Produce Selection Tips:
- Choose produce with no blemishes
- Apples and red pepper should be firm, lemon should be soft – this indicates the produce is ripe