



Dear Parents/Guardians:

Our school is excited to be participating in a national healthy-eating initiative called **P.A.C.K. Week – Pack Assorted Colors for Kids Week**, September 22-26, 2008. This fun and educational program is aimed at encouraging kids to eat more fruits and vegetables and is in support of Fruits & Veggies—More Matters™ Month throughout September.

The focus of P.A.C.K. Week is on eating a wide variety of colorful fruits and vegetables, as each has its own nutritional benefits. To get the broadest range of nutrients, all colors are important – purple, white, red, yellow, orange and green. And kids love eating the rainbow! Each day of P.A.C.K. Week has been assigned a different color and **we're asking you to pack a fruit or vegetable in your child's lunch box based on the color of the day.** All forms of fruits and vegetables count, so consider packing 100% juice, dried fruit or canned fruits or veggies as tasty options. Here are the days of P.A.C.K. Week with some packing tips to make it easy:

- **Monday, September 22nd is Pack Purple Day.**
A child-friendly way to “pack purple” is with 100% grape juice made from Concord grapes, snack-sized raisins or fresh blueberries.
- **Tuesday, September 23rd is Pack White Day.**
Bananas, white peaches or even cauliflower with dressing makes a nice choice.
- **Wednesday, September 24th is Pack Red Day.**
Strawberries are a favorite, and other tasty options are red pepper slices, tomato wedges or a delicious red apple.
- **Thursday, September 25th is Pack Yellow/Orange Day.**
Baby carrots are easy to pack and so are dried apricots or orange segments.
- **Friday, September 26th is Pack Green Day.**
Go green with celery sticks, broccoli florets or a crisp green apple.

There are lots of ways to be creative and pack more healthy fruits and vegetables into your child's day. For more tips, visit www.welchs.com or www.fruitsandveggiesmorematters.org.

Please join us as we celebrate P.A.C.K. Week and Fruits & Veggies—More Matters Month.

Sincerely,

School Nurse



Pack More Fruits and Vegetables into Each Day!

Welch's® is proud to sponsor P.A.C.K. Week.

