



# P.A.C.K. WEEK



## PACK ASSORTED COLORS FOR KIDS

Dear School Nurse:

Thank you for signing-up your school(s) to participate in **P.A.C.K. Week**. Enclosed is a packet of materials to help make P.A.C.K. Week a success and kick-off the year with a healthy start. The materials include:

- **Food Service Implementation Guide** to help involve the cafeteria.
- **Reproducible letter** for teachers at your school(s) to encourage classroom participation.
- **Reproducible Nutrition Activity Sheets** for distribution to teachers for use in the classroom.
- **Reproducible flier** to be sent home to parents in advance of P.A.C.K. Week to encourage participation.
- **Two posters** for each school you signed-up to participate in P.A.C.K. Week.

P.A.C.K. Week is a simple five-day program that promotes eating *more* fruits and vegetables as well as a *wider color variety*. Each day of the week has been assigned a different color and students are encouraged to “pack” or select a fruit or veggie to match the daily color. By encouraging teachers and the cafeteria staff to get involved in P.A.C.K. Week, the whole school will embrace this fun and healthy program. Last year, many schools encouraged students to wear something to match the color of the day and some chose to continue this program periodically throughout the school year.

The colors for each day of P.A.C.K. Week are:

**Pack Purple Day – Monday, September 22**

**Pack White Day – Tuesday, September 23**

**Pack Red Day – Wednesday, September 24**

**Pack Yellow/Orange Day – Thursday, September 25**

**Pack Green Day – Friday, September 26**

### Helpful hints to make P.A.C.K. Week a success:

- Announce P.A.C.K. Week to teachers at a staff meeting.
- Provide the Food Service Manager with a copy of the enclosed Cafeteria Guide to ensure participation.
- Distribute Activity Sheets to the teaching staff to help bring nutrition education into the classroom, and highlight the benefits of teaching kids about making healthy food choices. Last year, many teachers graphed snack fruit & veggie choices with their students.
- Use the reproducible flier to send home to parents/guardians in advance of P.A.C.K. Week.
- Hang P.A.C.K. Week posters in visible locations around the school to highlight the program.
- Include P.A.C.K. Week information in newsletters or on menus.

For additional P.A.C.K. Week tips, classroom and activity suggestions and a Spanish Parent Letter, please visit [www.welchs.com/pack](http://www.welchs.com/pack).

Thanks again for your participation!

Sincerely,

*Carla McGill*

Carla McGill, Ph.D., RD  
on behalf of Welch's

**Pack more colorful fruits and vegetables into each day!**