

We're kicking off the year with a healthy start!

Join the fun during

P.A.C.K. WEEK



Pack Assorted Colors for Kids

September 22-26, 2008

P.A.C.K. Week is all about packing more colorful fruits and veggies into children's diets.

If you pack a snack or lunch for your child,

please pack a fruit or vegetable based on the color of the day.

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 blueberries (fresh, dried or frozen).

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.

For children who buy lunch, be sure to encourage them to include a fruit and vegetable in their meal.

For more fun, have your child wear something to match the color of the day!



www.welchs.com or www.fruitsandveggiesmorematters.org.



Pack more colorful fruits and vegetables into each day!