



P.A.C.K. Week Tips

Join the fun during P.A.C.K. Week and help your child get more colorful fruits and vegetables into his/her day. Here are some easy tips to packing great-tasting and nutritious fruits and veggies:

Monday, September 24: Pack Purple Day

Did you know that only 3% of our current fruit and veggie consumption is from the purple/blue category? Yet, these fruits and veggies provide natural plant nutrients not found in other colors.

- A child-friendly way to “pack purple” is with 100% grape juice made from purple Concord grapes. It is available year-round and just four ounces counts as a serving of fruit. Packing juice in a reusable container is also a great way to help save the environment.
- Since dried fruit counts too, try packing a snack-sized box of raisins for snack time.
- A plum is a tasty lunchbox addition or try including blueberries or blackberries in a reusable container.

Tuesday, September 25: Pack White Day

White, tan and brown fruits and veggies make up this color category.

- The most common white fruit is the banana...and they're easy to pack and so delicious.
- Your child might enjoy a white peach or a pear.
- Cauliflower florets with ranch dressing are a crunchy lunch addition.

Wednesday, September 26: Pack Red Day

Red fruits and vegetables are a cheery addition to the lunchbox.

- You could send your child to school with a red apple on Pack Red Day.
- Consider packing a few cherries or strawberries for a tasty treat.
- Many kids love red pepper slices or tomato wedges either with or without some ranch dressing.

Thursday, September 27: Pack Yellow/Orange Day

Yellow/Orange fruits and vegetables will brighten up everyone's day.

- The most common yellow/orange fruit is the orange.
- Baby carrots are super easy to pack and kids just love them.
- Other great yellow/orange options are nectarines, peaches or pineapple chunks.
- See if your child likes dried apricots. They're surprisingly delicious and super healthy.

Friday, September 28: Pack Green Day

Green fruits and vegetables are the most commonly eaten group of fruits and vegetables...but there's always room for more!

- Green grapes (halves for younger children) and green apples are kid favorites, and they're easy to send to school on Pack Green Day.
- Celery sticks or green pepper slices are terrific crunchy snacks and can be packed along side ranch dressing for a fun dipping option.
- Other nutritious vegetable choices are snow peas, sugar snap peas or broccoli florets.



Pack More Fruits and Vegetables into Each Day!

