



P.A.C.K.

PACK ASSORTED COLORS FOR KIDS!



Join the fun!

P.A.C.K. is all about packing more colorful fruits and veggies into children's diets. If you pack a snack or lunch for your child, pack a fruit or vegetable based on the color of the day!

March 20

MONDAY is ...

Pack PURPLE/BLUE Day



A child-friendly way to "pack purple" is with 100% grape juice made with Concord grapes, snack-sized raisins, or blueberries (fresh, dried, or frozen).



March 21

TUESDAY is ...

Pack WHITE/TAN/BROWN Day



Bananas, white peaches or even cauliflower with dressing makes a nice choice.



March 22

WEDNESDAY is ...

Pack RED Day



Strawberries are a favorite, and other tasty options are red pepper slices, tomato wedges, or a delicious red apple.



March 23

THURSDAY is ...

Pack YELLOW/ORANGE Day



Baby carrots are easy to pack and so are dried apricots or orange segments.



March 24

FRIDAY 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!

For more information visit:
www.FruitAndVeggiesMoreMatters.org

PACK MORE FRUITS & VEGGIES INTO EACH DAY!

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