



Students will be learning about different aspects of Nutrition and will be encouraged to participate in P.A.C.K. week. Pack week encourages children to add different colors of fruits and veggies into their diet. Eating a variety of colors of fruits and veggies ensures they get a variety of nutrients and minerals that they need to be healthy. Please encourage your child to follow the USDA's MyPlate eating guidance and participate in P.A.C.K. week here at Stratton School March 20<sup>th</sup> through the 24<sup>th</sup>.

**more matters.**  
Welch's

# 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	March 21	March 22	March 23	March 24
<b>MONDAY is</b> Pack <b>PURPLE/BLUE</b> Day	<b>TUESDAY is</b> Pack <b>WHITE/TAN/BROWN</b> Day	<b>WEDNESDAY is</b> Pack <b>RED</b> Day	<b>THURSDAY is</b> Pack <b>YELLOW /ORANGE</b> Day	<b>FRIDAY is</b> Pack <b>GREEN</b> 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).	Bananas, white peaches or even cauliflower with dressing makes a nice choice.	Strawberries are a favorite, and other tasty options are red pepper slices, tomato wedges, or a delicious red apple.	Baby carrots are easy to pack and so are dried apricots or orange segments.	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](http://www.FruitAndVeggiesMoreMatters.org)