

September 22, 2016

Dear Parents/Guardians,

St. Joseph School is excited to be participating once again in a national healthy-eating initiative called **P.A.C.K. Week - Pack Assorted Colors for Kids** week, October 3- October 7, 2016. This fun and educational program is aimed at encouraging kids to eat more fruits and vegetables.

The focus of P.A.C.K. Week is on eating a wide variety of colorful fruits and vegetables, as each has its own nutritional benefits. To get the broadest range of nutrients, all colors are important- purple, white, red, yellow, orange, and green. And kids love eating the rainbow! Each day of P.A.C.K. Week has been assigned a different color and **we're asking you to pack a fruit or vegetable in your child's lunch box based on the color of the day**. All forms of fruit and vegetables count, so consider packing 100% juice, dried fruit, or canned fruits or veggies as tasty options. Our cafeteria will also be participating in P.A.C.K. Week so look for "color" items on the October menu! Here are the days of P.A.C.K. Week with some packing tips to make it easy:

- **Monday, October 3rd is Pack Purple Day.**
A child-friendly way to "pack purple" is with 100% grape juice made from Concord grapes, snack sized raisins, blackberries, or fresh blueberries.
- **Tuesday, October 4th is Pack White Day.**
Bananas, white peaches or even cauliflower with dressing makes a nice choice.
- **Wednesday, October 5th is Pack Red Day.**
Strawberries are a favorite, and other tasty options are red pepper slices, tomato wedges or a delicious red apple.
- **Thursday, October 6th is Pack Yellow/Orange Day.**
Baby carrots are easy to pack and so are dried apricots or orange segments.
- **Friday, October 7th is Pack Green Day.**
Go green with celery sticks, broccoli florets or a crisp green apple.

There are many ways to be creative and pack more healthy fruits and vegetables into your child's day. For more tips, visit www.fruitsandveggiesmorematters.org.

Please join us as we celebrate P.A.C.K. Week and Fruits and Veggies - More Matters Month.

Sincerely,

Therese M. Hoehn R.N., B.S.N., C.P.N.

