

# P.A.C.K.

PACK ASSORTED COLORS FOR Kids!



## P.A.C.K. Tips for Parents

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 is ...

Pack **PURPLE/BLUE** Day



**PURPLE/BLUE** fruits and veggies tend to be among the highest in antioxidant power.

- A child-friendly way to "pack purple" is with **100% grape juice** made with purple Concord grapes.
- 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 is ...

Pack **WHITE/TAN/BROWN** Day



**WHITE, TAN, & 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 is ...

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 is ...

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 is ...

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**.



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