

# 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!

### 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).



### TUESDAY is ...

Pack WHITE/TAN/BROWN Day



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



### WEDNESDAY is ...

Pack RED Day



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



### THURSDAY is ...

Pack YELLOW /ORANGE Day



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



### 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](http://www.FruitAndVeggiesMoreMatters.org)